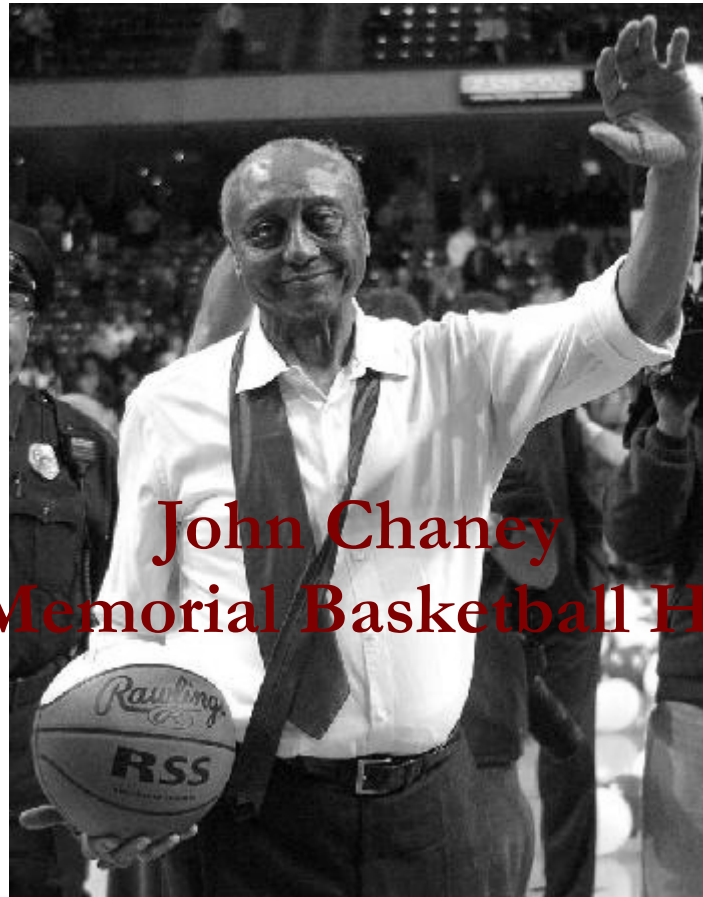




Sunday, May 02, 2010
Baruch College
New York, New York



John Chaney Naismith Memorial Basketball Hall of Fame

"Objective Ways to Win Games"

THUMB RULES

1. Passing is a great team skill
2. The point guard will determine your philosophy on the floor
3. Post men must play in a crowd
4. We design how we are going to win or lose
5. Discipline is a higher form of intellect

-Establish a philosophy for yourself (what do you hold to be true about this game? What do you think wins?)

-How can you govern without rules?

» "A society without rules is chaos. Look at the bible: the world was a mess and then those 10 commandments came in and shit, they cleaned a lot of stuff up!"

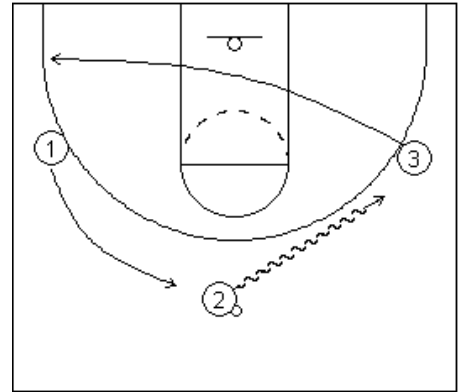
» Create rules pertaining to how your teams will play, dress, act, live, etc.

-Adapt a philosophy in your program of low turnovers. Why? Empty trips will kill you.
»Study them, there's a reason for turnovers.

-Many turnovers are based on angles. You cannot make flat line passes on a 180° angle (on a horizontal plane). Players must make v-moves into the defense to create 45° angles for their teammates to pass them the ball (“We worked on this every single day!”)

-Passing and catching the ball are two skills that are considered elementary, but are so important.

-Push/Pull concept: As 2 dribbles to the right wing, 3 cuts through (2 “pushes” him) while 1 comes to the top (2 “pulls” him).
»Floor balance



-The game of basketball is played in a change of speeds: fast to slow, slow to fast.

-Loves Huggins' 1-3-1, why? Because it forces the offense to constantly be passing over someone's hands (high chance of a turnover) and causes the offensive players to pick up their dribble in bad spots (high chance of a turnover).

-Told a story of a locker room incident following a game that took place after he examined a box score that told him his team had 80 possessions, but only 60 shots attempts. Chaney cornered his point guard and asked him, “Alright son, where the hell are those other 20 now?”

-Offensive post players: “the lower you are = the bigger you are.”

-A player that looks to the middle of the floor when he catches is playing “we basketball.” A player that looks down when he catches is playing “I basketball.”

-Speed kills—some guys just play too fast.

-Role allocation: it's hard to do, but you must do it.

FOUR R's

1. Roles
2. Rules
3. Responsibility
4. Respect

-Decreasing turnovers: handle the ball in order to get us in position where we can take or get good shots.

-Zone offense: put more where they have less and put less where they have more. “Next!”

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Notes created by Zak Boisvert

- Stupid is forever. You can't judge it. Stupid players just don't change.
- Importance of mental preparation: to be great, you have to play the game before the game.
- Shootaround = "Skull Session"
- The worst thing a player can see when he walks into the locker room is a dry erase board filled with 15 things because he's thinking to himself, "We got 15 things that we have to do right? Shit, we're not winning."
- Repetition is the key to learning.
- "You want a piece of the game? Let's get to work than son."
»5:30 AM practice
- Having a problem with a kid? Bring him into your office ("take the teeth out of the lion")
- Don't put yourself in the corner with hard fast rules.

TURNOVER CHART

DATE: _____

	-6	-6	-5	+5	+3	+2	+2	+2	-4	+3
PLAYERS	OL	DL	ML	PE	STEALS	O- REB	D- REB	TDC	TO	ASSIST

DEFINITIONS

OL = OFFENSIVE LAPSES = -6

DL = DEFENSIVE LAPSES = -6

ML = MISSED LAYUP = -5

PE = PIVOT EFFECTIVENESS = (CATCH AND CREATE) = +5

STEALS = +3

REBOUND = +2

TDC = +2

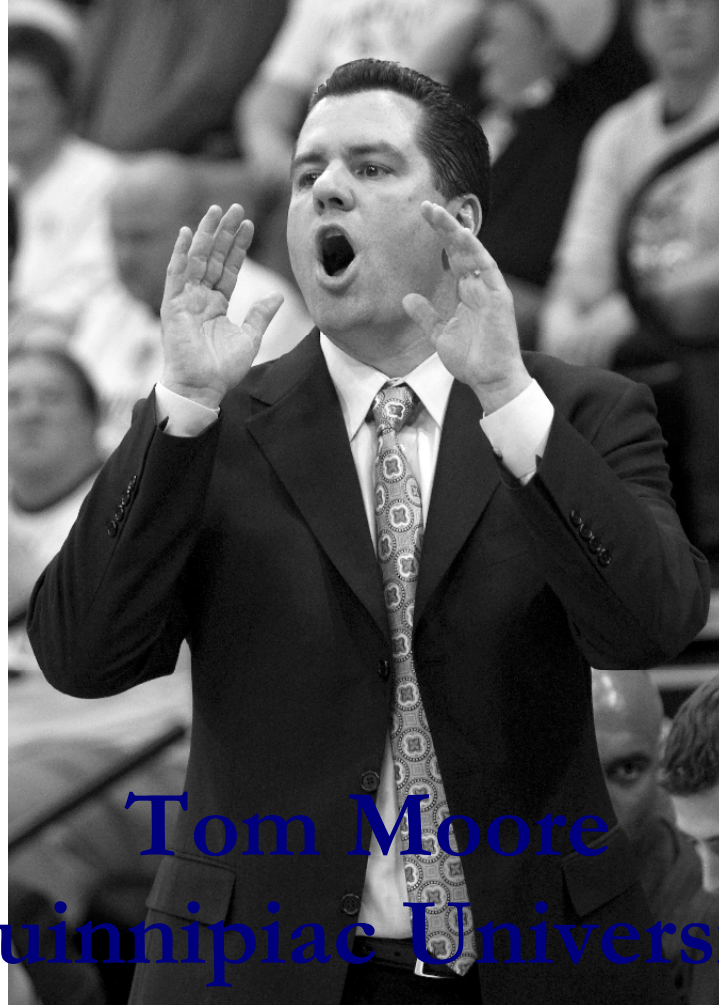
TO = -4

ASSIST = +3

Note:

Subtract minus score plus total to gain individual performance scores.

If player turnover chart shows negative scores daily, it can represent a serious problem.



Tom Moore Quinnipiac University

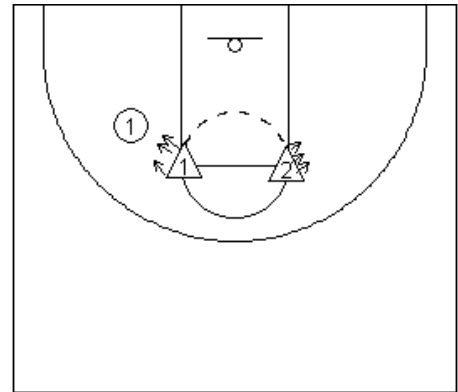
"2-2-1 Full Court Zone Press"

- Best coaching is done in the month leading up to practice when you're spending time thinking about who your team is and you make the key decisions in regards to how you're going to play.
- The 2-2-1 isn't for everyone. If you're athletic, but maybe struggle to score in the half court, maybe it's perfect for your team.
- To be good at the 2-2-1 (or any pressing defense), you must be fully committed to it
»EVERY. SINGLE. DAY.
- If you're really good (and committed) to the defense, you can even 2-2-1 off misses.
- The 2-2-1 is extremely versatile. You can temper it in the direction of what you want to do (conservative or aggressive).

-Advantage Teaching: improve your players' confidence by pitting your starters against the walk-ons/managers/bottom of the bench. Don't even give the rag tag group a press breaker and just let the starters pummel them to get their confidence up.

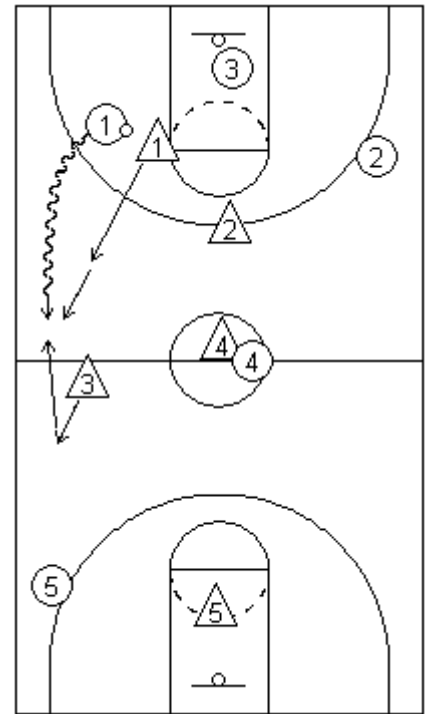
Front Line (x1 and x2):

- Forcing corner (not flat with their chest to the baseline because this technique is susceptible to the banana cut to the middle by 1).
- On catch: **PFC** = Pressure, Force, Contain
- On catch: get into him by splitting his inside force and forcing him up the alley (not cutting him off, just leading him into the trap).
- On catch: opposite guard gets above the level of ball.



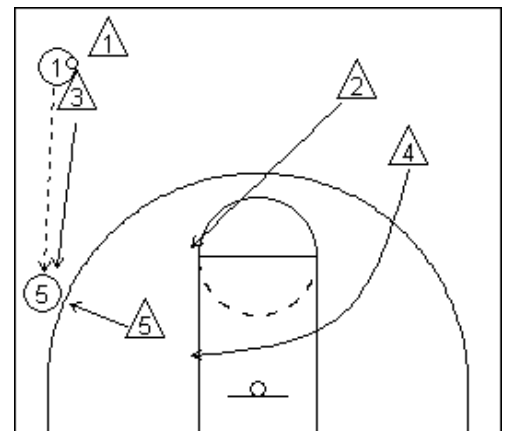
First Trap:

- X3 is ready to trap but also responsible for the pass to 5 over his head. He should be playing "cat and mouse" all possession stunting at the ball handler.
- Trap the out of control dribbler.
- Trapping rules: foul with your legs (make them pivot through), don't steal by slapping at the ball—the players not involved with the trap will get the steals off of trap deflections. If the offensive player pivots back, tighten up and climb into him.
- X3 should be 2 steps inside of passing lane running from 1 to 5.
- Look at the box alignment (1:2:3:4). Don't let them split the box—make them go outside the box.

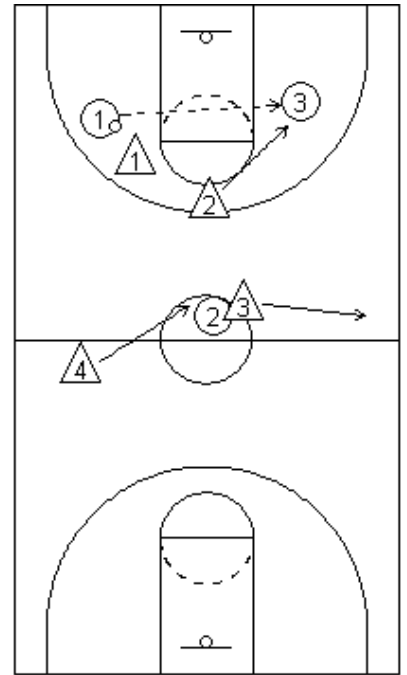


Second trap:

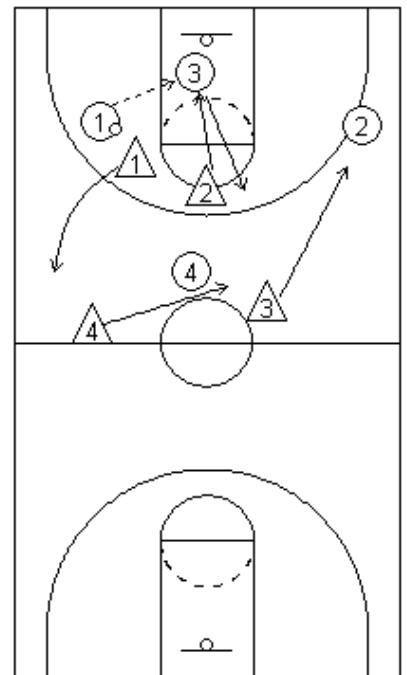
- on 1's pass to 5, x3 sprints for a 2nd trip.
- The opposite 2nd line player (x4) flows in to cover the strong side block
- The opposite front line player (x2) flows in to cover the strong side elbow
- x2 and x4 take whoever comes to their respective areas.



-On throwback to inbounder stepping in, 4 must be extremely quick as he moves from trapping position (ball with 1) to covering middle (ball with 3).



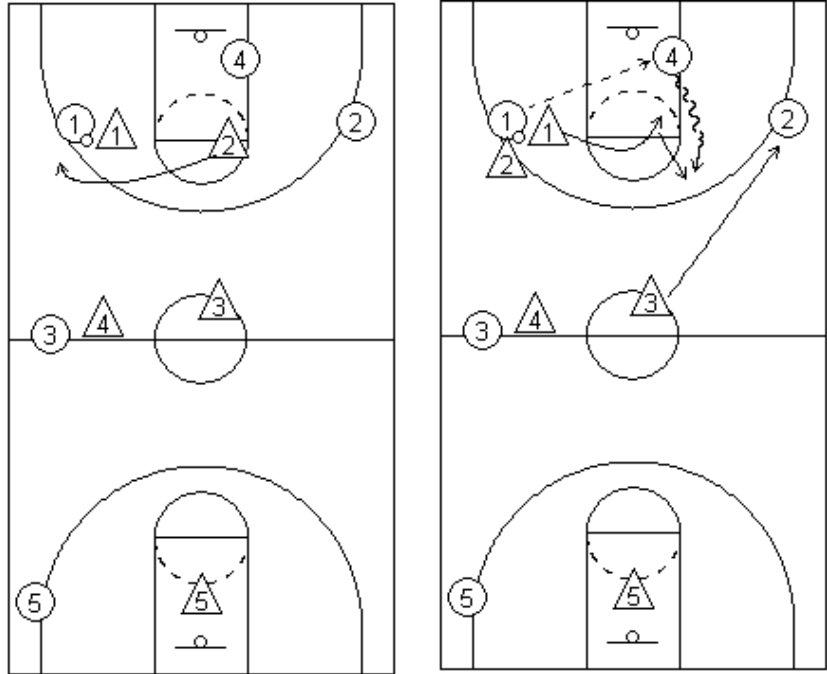
-Guarding against the “reverse to beat” tactic:
-Invert the defense. 3 sprints up to take 2 as 4 slides over and 1 slides back.



-The shorter the shot clock, the more effective a conservative (fake pressure) 2-2-1 is because it can really slow teams down and force them to start the offense later in the shot clock.

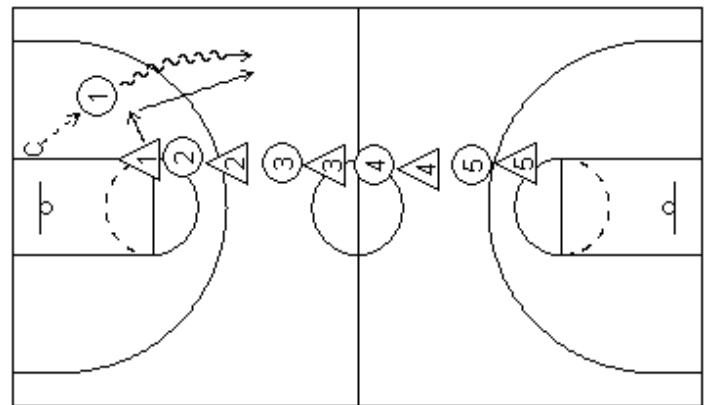
-It's dangerous when the opponent puts a shooter deep on the opposite sideline—how do you play it?
» “Cat and Mouse” but don't leave (think Northern Iowa!)

-Versus the great PG: trap the great point guard to make him throw back to the inbounder. On 4's catch, match and make him bring it up.



1-on-1 drill:

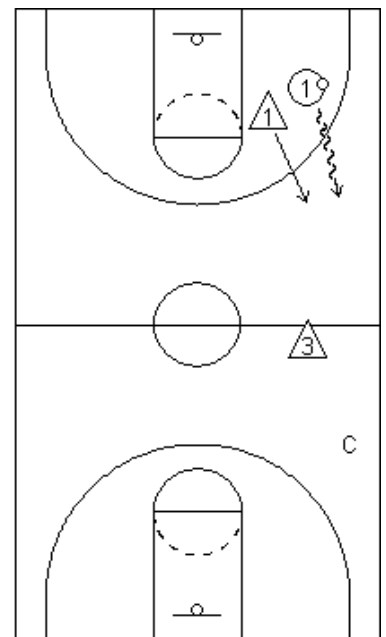
-O1 attacks x1 trying to score. The other players make a barrier keeping the two between the sideline and the lane line. Once the 1's have gone, the 2's slide up to play.



-Some coaches may not like that 10 guys are standing around while only 2 are participating, but Moore says "look at the pressure on the defensive player to get a stop while all his teammates watch."

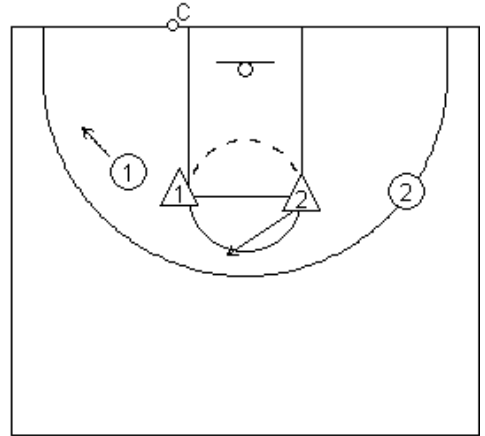
1-on-2 Alley drill:

-Working on first trap, 1 attacks up the sideline as 3 comes to trap. Coach standing deep as visual (1 should try not to throw it and should instead try to attack the trap).

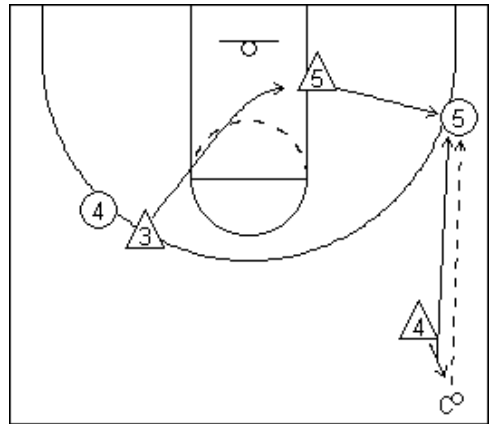


-Utilize guard/big breakdown drills:

Guards: 2-on-2 Front



Bigs: 2-on-3 Second Trap



Miscellaneous:

-100 Marbles theory: you have 100 marbles, what do you want to be good at? You can only do a limited number of things well—you can't be good at everything. You must constantly be weighing the question of what you want to be good at and you dispense your practice time in that manner.

-Your kids should know what you hold dear—what your 3 things are

-It's funny how when you're young, you think there's only 1-2 ways to win, but when you're older you realize there are 1,000 ways to win.

-Have a relationship with your star(s): know him/them inside and out. Not saying coddle them, but invest time into your relationship with them so you can blister them in practice and they know you have their best interests at heart.

-Jimmy Johnson: I have 45 players and I treat them 45 different ways

-With freshmen make them earn everything with you—a hello, your attention, everything

»let your players see more of you as they get older

»ration out your personality as you see fit.



“Siena Offense”

-We don't run a secondary break. We run to get a layup and then if we can't get one we go to motion. Sometimes coaches get so mixed up with creating all these secondary break options that they don't allow their guys to play

-Wings run wide (3 feet from sideline)

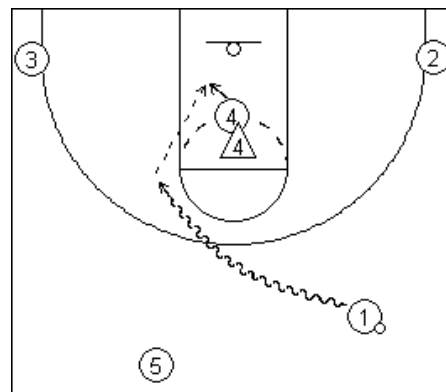
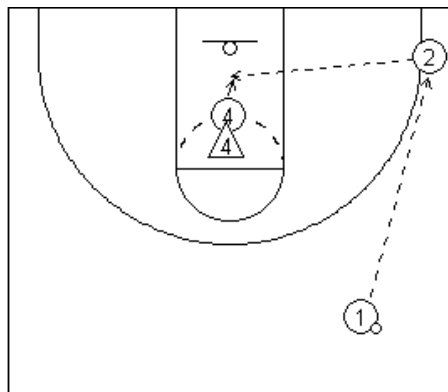
-Point guard tries to catch the outlet as far up the court as the D will allow him.

-The first big down the court rim-runs stopping 10 feet from the rim trying get his defender to stop on his back.

»2 scoring options:

1→2→4

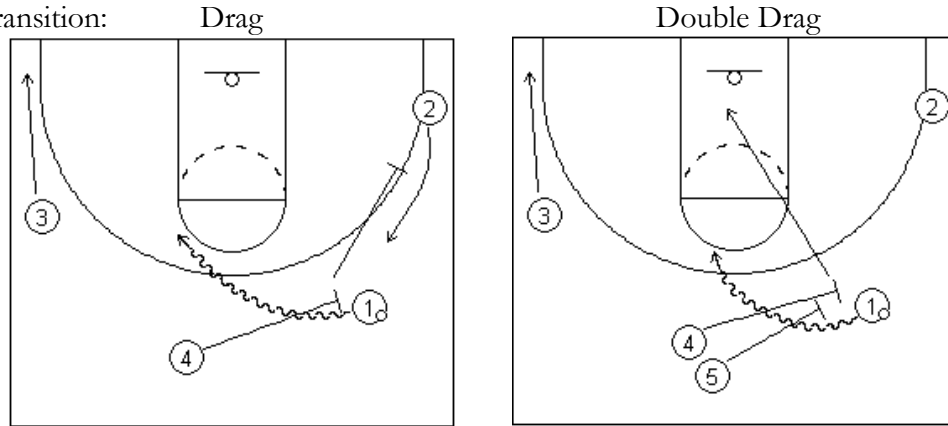
1→4



-Run on makes, catch the defense sleeping!

-The speed at which your bigs take the ball out of the net is so important. Drill this—a big that’s good at taking the ball out of the net creates several fast break opportunities out of nothing a year.

-Love ball screens in transition:

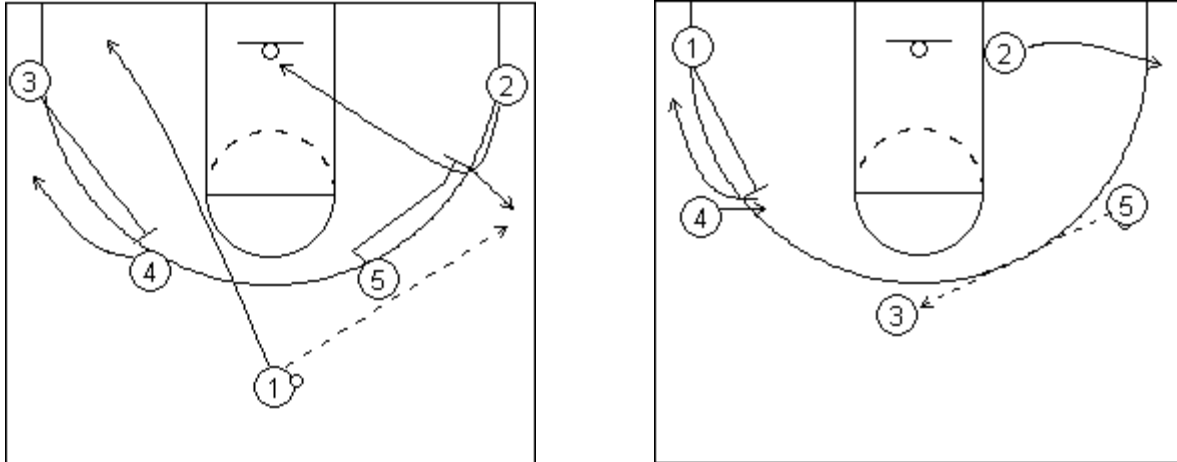


Motion:

-Run to get a layup. If no layup, go to motion.

-Siena runs what is called “Independent Sides Motion”

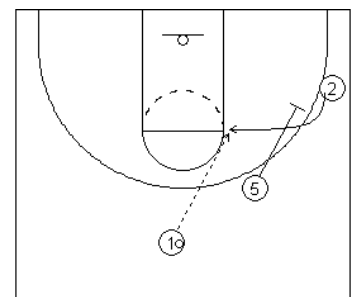
-With the driving ability that Siena’s perimeter players have, they like to keep the post open for driving opportunities.



»A lot of passing and screening while trying to keep the ball out of the corner.

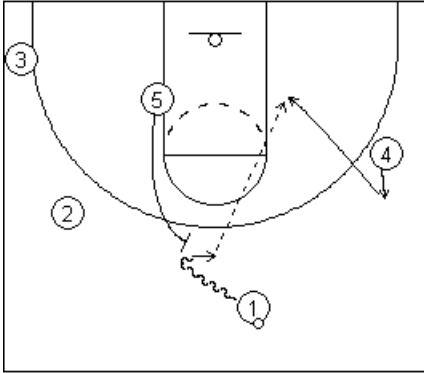
-Siena works extensively on this down screen action in the left diagram (5 screening for 2). They like their wings to either curl this (if defender is chasing) or back cut (if defender jumps it) with the big always stepping back to the ball. Will do a lot of shooting drills with this cut where the coach has 2 balls at the top of the key and hits the cutter for a layup and the screener stepping back for a jumper.

-Another cut they like off of this down screen (although it’s rarer than the back cut or curl) is the “rip cut” to the elbow. Taking place when x2 is playing off 2, 2 runs off the screen right to the elbow for a jump shot.

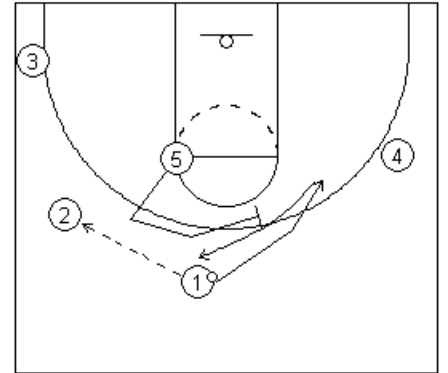


Set plays:

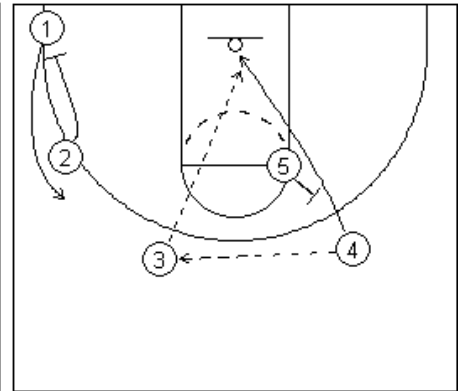
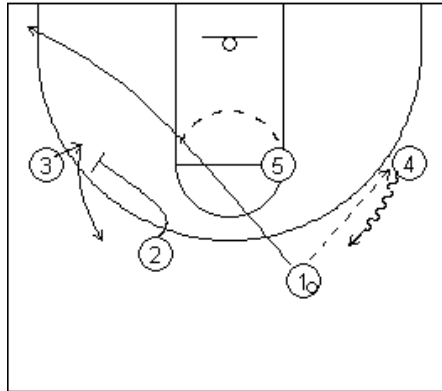
“Spread”



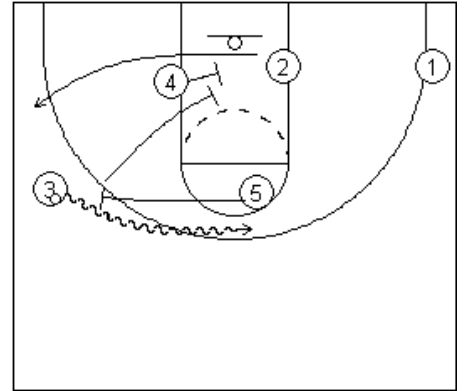
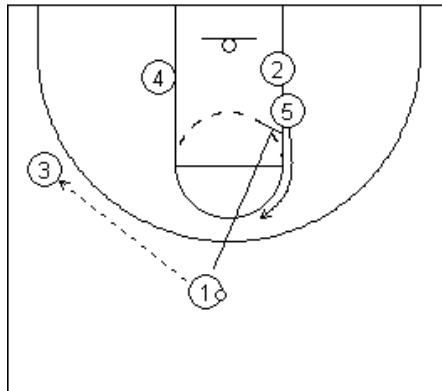
Butler's fake ball screen action:
 On 2's catch, 5 sprints as if setting a ball screen and then turns to screen away for 1 to come back to the ball.



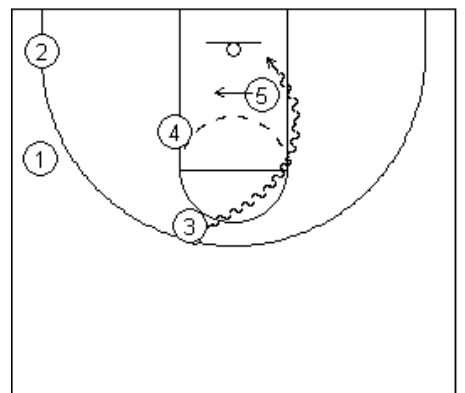
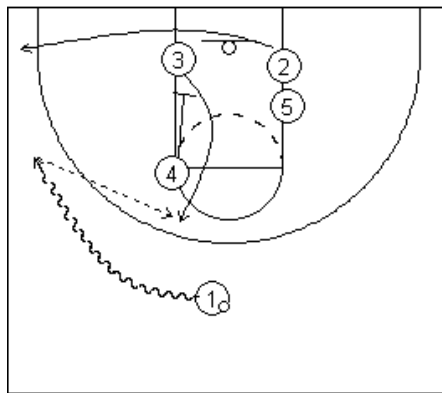
Lob play:



Fence play for shooter:

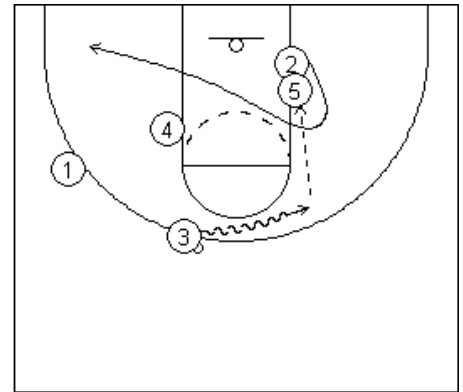
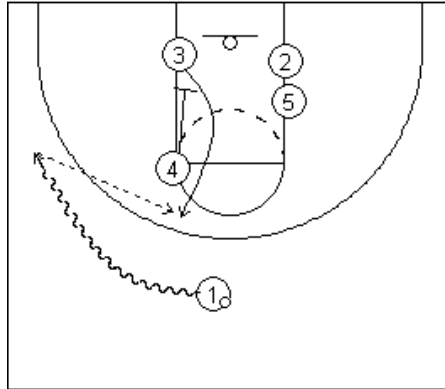


3 Thumb Clear:
 3 zippers off 4 for a catch. 2 clears. 3 drives right as 5 steps into his defender to seal for 3's drive.



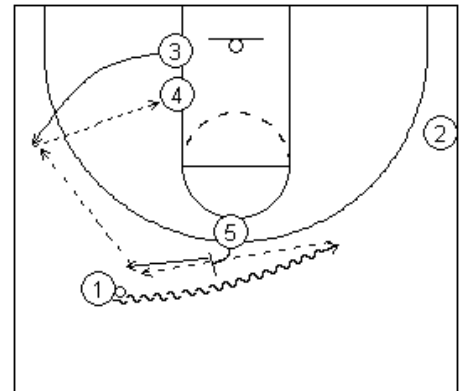
3 Thumb Loop

Starts the same as the previous play, 3 zippers off 4 for a catch. 3 dribbles to right and once 2 wraps 5, 3 looks to enter the ball into the post.



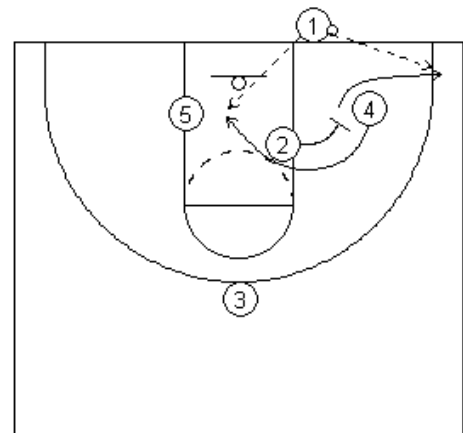
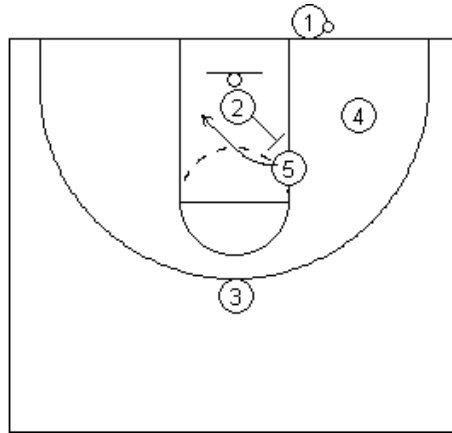
“Blue Stack”

1 dribbles off 4’s middle ball screen, looking to throw back. 4 catches and looks to hit 3 popping. 3 enters to 4 in the post.



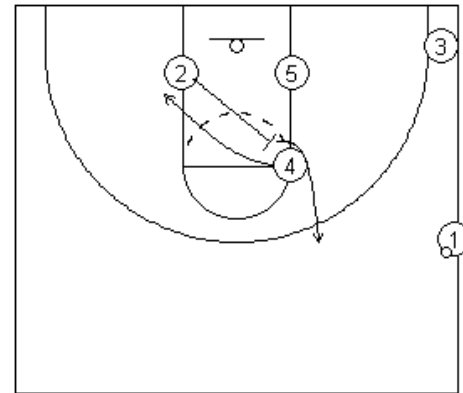
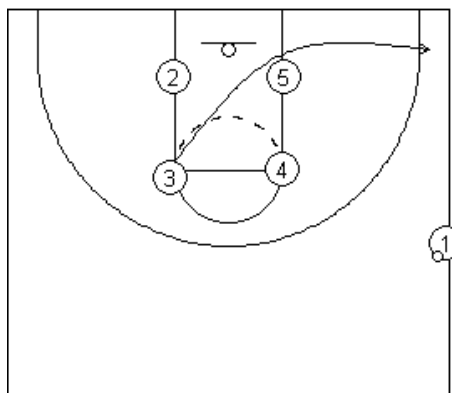
BLOB: “Special”

2 back screens for 5 and then again for 4. Once he has screened for 4, he steps out to the three point line. 1 can throw to 5, but 4 is the player most likely to be freed.



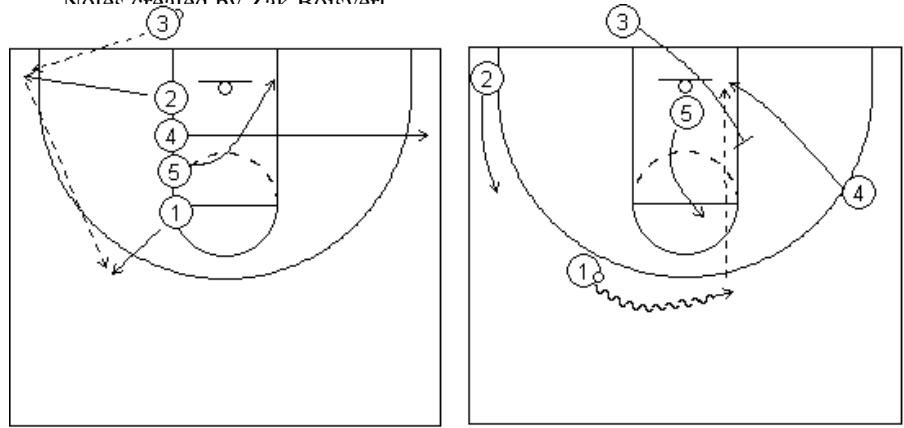
SLOB: “Box Lob Hook”

3 cuts through to strong side corner. 2 back screens for 4 (lob action for your best athlete) + 2 stepping out (action for your best shooter).

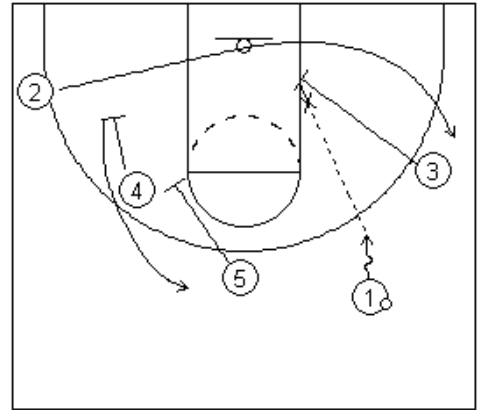


BLOB: “Nova Lob”

5’s flash pulls the middle defender of the 2-3 up court as the inbounder (3) sprints in to back screen the forward defender to open the basket area for a lob for 4.



If you have a 3-man that can really score in the post and want to exploit a switch:



Miscellaneous:

-Take the ball to the action. Dribble to the flare rather than throwing the skip. Running motion you can't have your players standing at the top of the key making passes with the ball above their heads, they must put it on the floor and make a dribble in the direction of where the action is occurring.

-If a big feels on his back a long show by his defender: slip! (he should be able to feel it)
» “Slip Postup”: slip to the front of the rim and leg whip in front of the defender to get a catch.

-Where do we want postups? RIGHT IN FRONT OF THE RIM and if not, in the paint at least.

-If you know a team has a tendency to blitz ball screens late, put a skilled guy as a screener (preferably a guy that can shoot it and drive it).

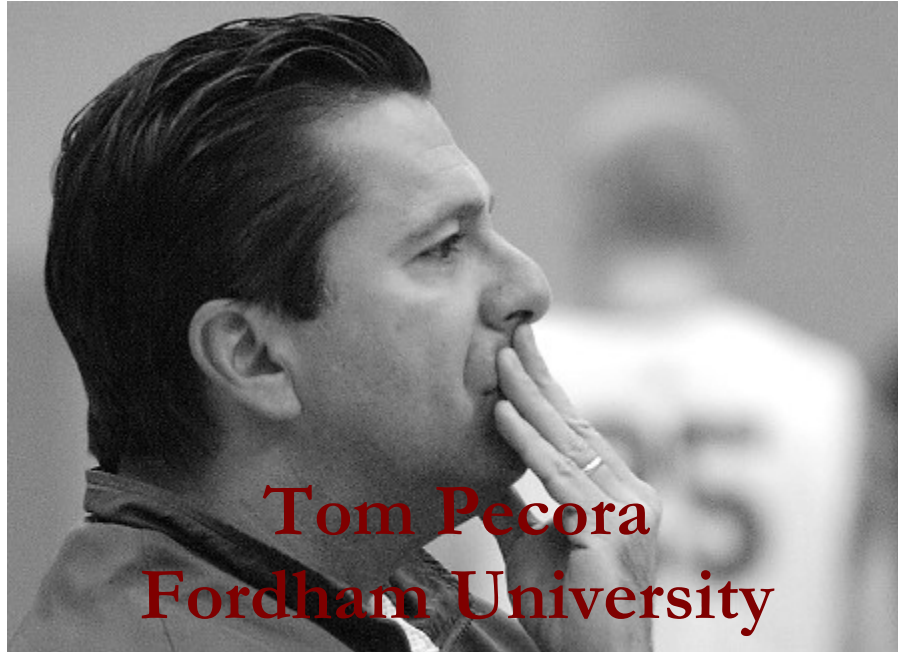
-Be a good timeout coach—take pride in it.

-A tremendous asset late in games is a big that can shoot free throws.

-Zone the great timeout coach. If you're scouting and seeing he's got tremendous set plays coming out of timeouts, don't be afraid to go zone for a possession coming out of the huddle.

-Zone BLOB situations late—no one has good zone BLOB plays

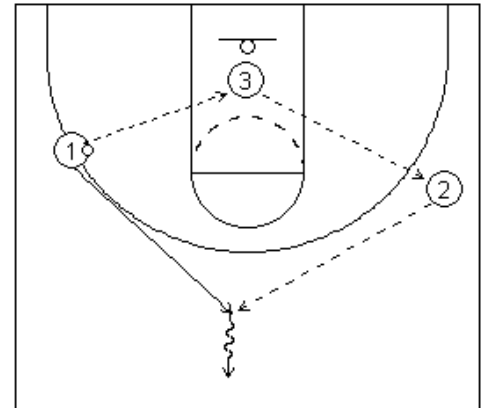
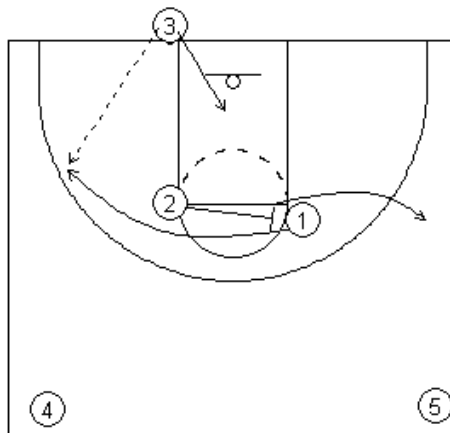
-“It took me 19 years to be a head coach again and the opportunity is the fruition of doing the absolute best you can at the situation you find yourself in. 30 page scouting reports, being the first and last in the gym during the summer recruiting period...If you work hard, good things will happen.”



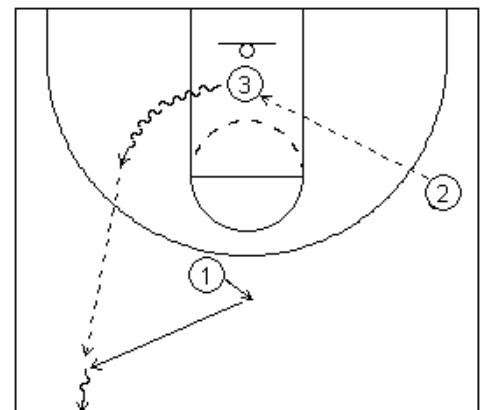
“Attacking Pressure Defenses”

-Against full court pressure, begin with a simple cross screen to get it to your point guard while emphasizing to him the importance of staying away from “Trap City”. Do not allow him to catch under the 1st marker.

»Cross screen. 1 catches, 3 steps in to catch and continue reversal to 2. 1 flashes middle. The pass from 2 to 1 must be a bounce pass!



-On 2's catch, if 1's middle cut is denied, 2 should immediately reverse the ball back to 3 who looks to hit 1 flying to the sideline. There is NO chance the defense can deny 1's middle catch AND stop this cut.



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Notes created by Zak Boisvert

-If having trouble getting it in after the cross screen, utilize the “3rd Man In” concept where one of the two bigs sprints to the middle of the floor for a catch at the free throw line. On the catch, 4/5 is looking to immediately hit 1 or 2 streaking up the court.

-If you’re having tremendous trouble getting the ball in, run “4 Across” and have the inbounder run the baseline to the weak side and hit the big for a catch (he turns to hit the guard streaking down the court).

-Who says you need the ball in the middle of the floor against a press. We like to put pressure on the sidelines against a press by swinging the ball from sideline-to-sideline.

-If they invert their press and put their forwards at the front it’s because they want you to try to throw it over the top. Instead of testing their length, use your advantage and drive their legs.

-“Guard Up”: with a great point guard sometimes the best thing to do is have him inbound and get it back to him as soon as you can.

-Has a piece of tape running from rim-to-rim on his practice floor called the “Load Line”

-Do you and your staff use the same terminology? Are you saying “box out” while your assistant says “check out”?

-How quickly do you get the ball from free throw line to free throw line?

»Instead of telling his guards “don’t dribble it across the free throw line”, he tells them “great guards advance the ball across half court with the pass.”

-Prepare and practice to beat the best team on your schedule.

-The importance of shot selection—can you make 70% of those shots unguarded?

»To players: “The best gift I can give you is the truth”

-Versus any kind of half court pressure, achieve a 1-3-1 alignment.

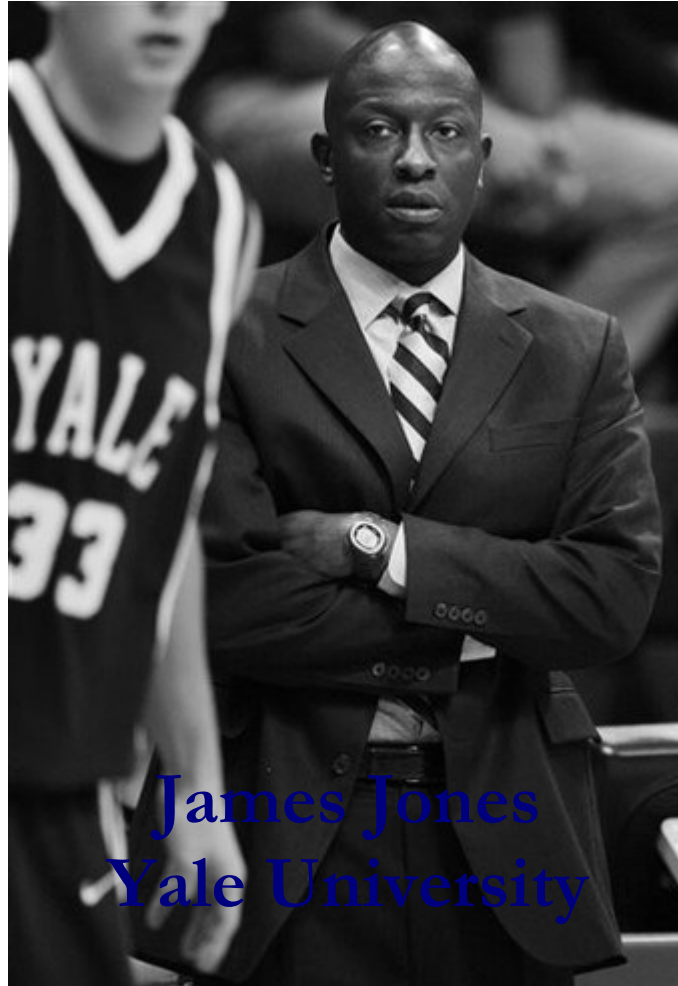
-Having vocal bigs can help you in so many subtle ways because both offensively and defensively they can stand back there and see everything and serve as fantastic traffic cops.

-In 4-out, 1-in motion, any post catch, the other post (regardless of where he is on the court) cuts to the rim (“rip cut”)

-“Blitz Box” Practice drill: 4 players stand around in a squared off area with 2 defenders in the middle. Player 1 starts with the ball as the 2 defenders hound him to trap. Player 1 moves the ball and pivots against the pressure for a predetermined amount of time before throwing to player 2 who does the same before throwing to player 3.

-Speed up your practice by having all drill teams already made up so you’re not wasting time breaking the team up into groups of 2 and 3. Pecora’s first job came under Bob McKillop who was meticulous with his practice schedule (would have it posted with teams declared for each drill on the wall of the locker room when the players arrived).

-In practice, starters versus subs or even versus even? Chemistry or Competition? I say competition (make 2 even teams) and watch the level of play increased to match each other.



“Out of Bounds Plays-Offense and Defense”

-Where do teams score from on BLOB plays? 1. Basket 2. Ballside corner

-Defensively: back to baseline while maintaining vision of the ball

-Guy guarding the inbounder is pulled away from the ball and moves to underneath the basket with his butt angled away from the inbounder but maintaining vision of the ball. It is extremely important for this guy to be one of your smartest players.

-Always help to the basket and never help to the corner.

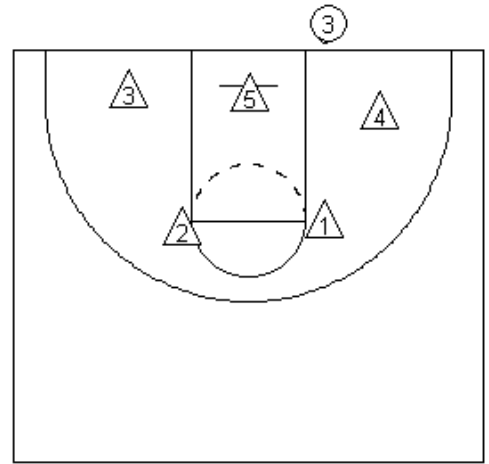
-Goal: don't give up any catch-and-scores all season. “It's 4-on-5, how can we even allow a score??”

-Zones can wipe out a lot of team's entire BLOB attacks, but what if you say “But I don't want to play a zone all possession?”

» “23 to 5”: 2-3 zone and then match up liked size on the catch.

“BLOB 23”

- X3’s responsibility: no one gets below my head in the deep corner
- X5’s responsibility: under rim with arms up (no pass to opp. elbow)
- X1’s responsibility: any pass to ballside wing
- X2’s responsibility: middle of key to ball side elbow



-With a man-to-man, you’re denying the ball in, but with a zone you have to let it in because if you’re denying you’re stretched out and susceptible to slips.

-BLOB scrimmage: White is on O, Blue is on D. White has 5 opportunities, needs 3 scores to stay on offense.
 »To prevent kids from “playing the play”, ask your assistants the night before to come up with 5 new BLOB plays.

-One way to work your BLOB work into your practice is to run them for a score then transition the other way with your break.

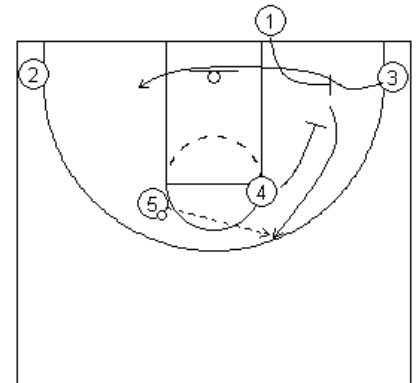
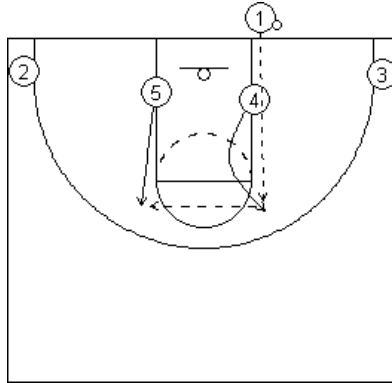
-Once a week, run through all your last second plays (it’s quick—just 2-3 minutes and it can pay big dividends)

BLOB offensive plays:

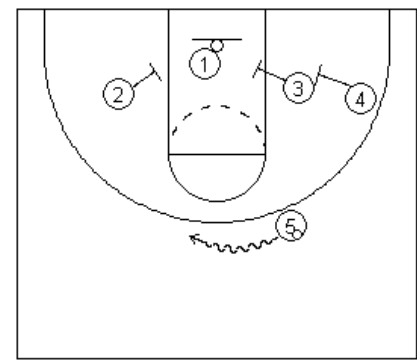
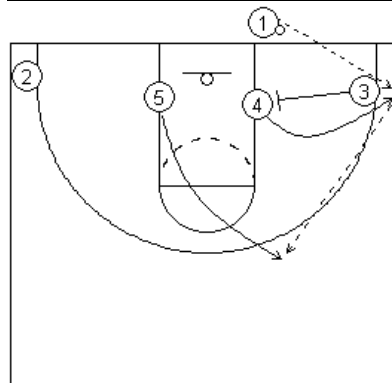
-All plays are run out of the 4 flat set with the point guard taking the ball out of bounds.

-Play’s name is determined by who sets the screen (“1” = a screen set by 1)

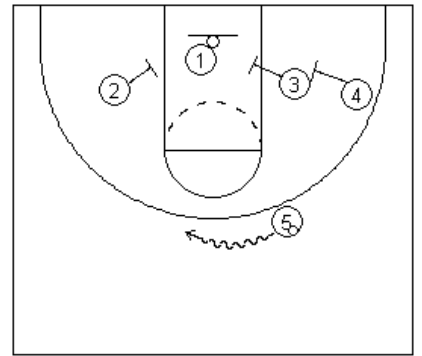
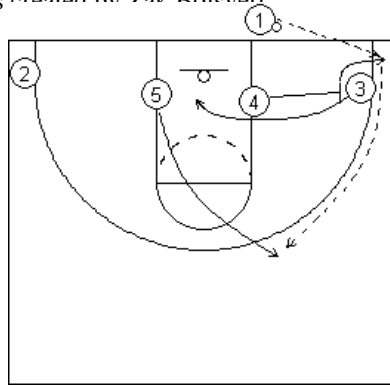
“1”



“3”

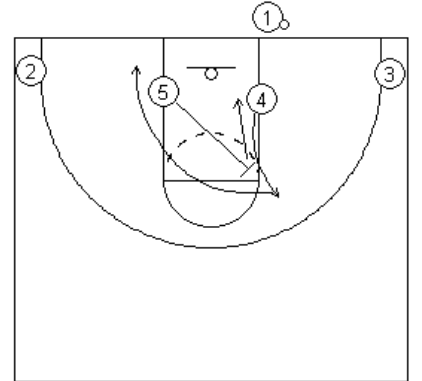


“4”



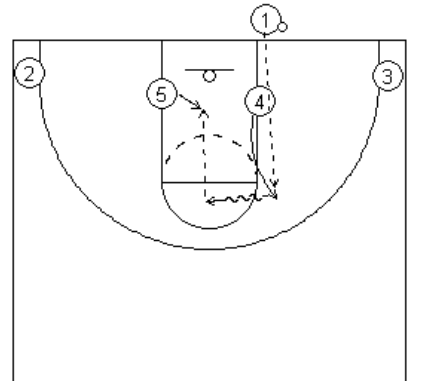
“5”

4 lifts like in “1” before receiving a back screen from 5. 5 screens then reverse pivots and steps into the rim.



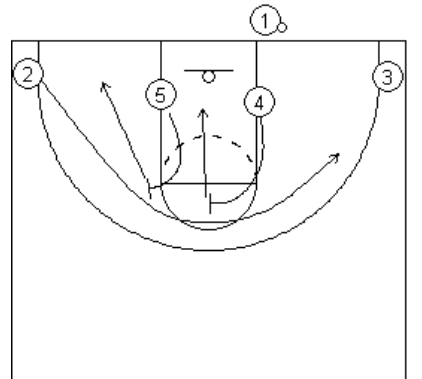
“6”

5 ducks in!



“54”

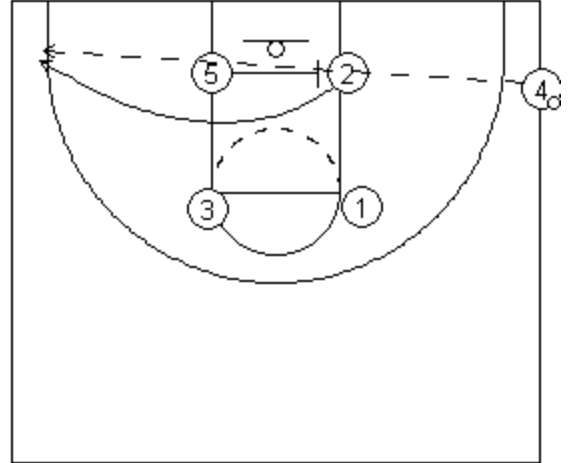
Double screen for 2. Important both 5 and 4 are cutting to the rim off of the double screen. 5 should step a couple feet out from the left block while 4 rolls to the rim.



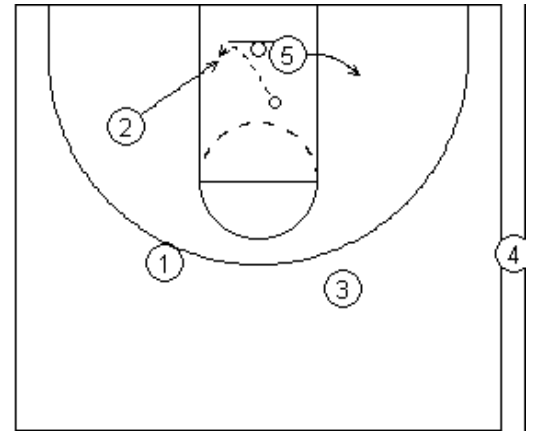
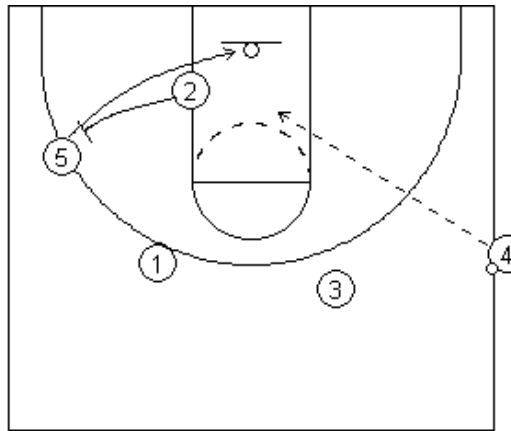
Dead corner SLOB: “Long”

Damned if it works—just a simple back screen for 2. Put your strongest player physically as the inbounder as an overhead pass will be required.

(add some kind of cross screen action for 1 and 3)



Last second SLOB:
2 back screens for 5. 4
throws the inbounds to
ricochet off the far side of
the backboard as 5 comes
down from his jump. 2 is to
roll and catch the ball off the
glass for a tip-in.
Extremely hard pass!



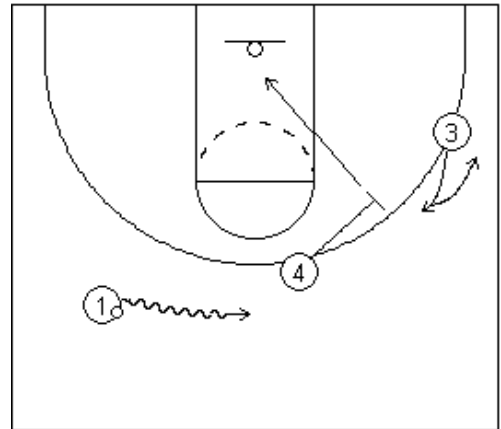


Jim Ferry
Long Island University

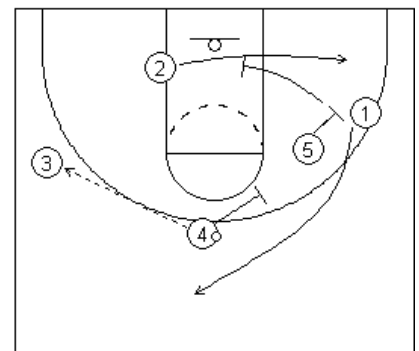
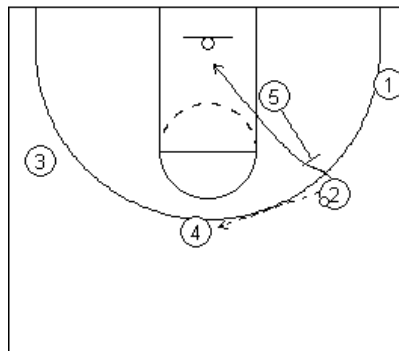
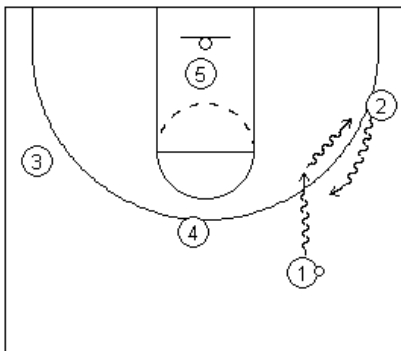
“Set Plays Galore”

-“First off, I’m a thief and I’ve invented absolutely nothing. Everything we run was stolen from a clinic here, a summer league game there.

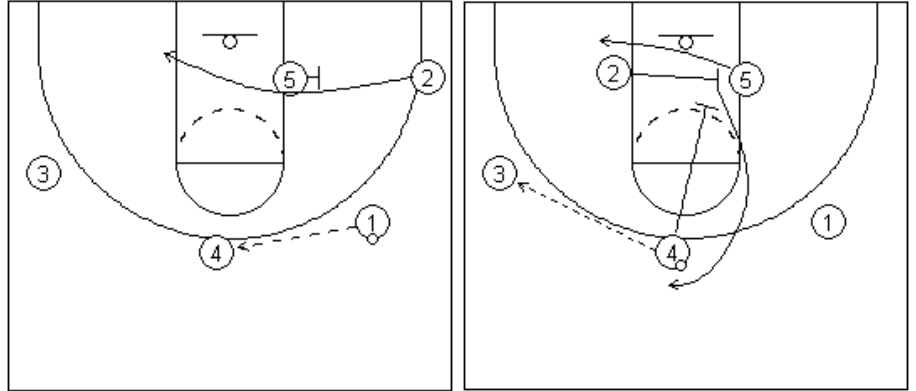
-“Slip & Fade”: A concept to utilize versus a switching man-to-man defense. Too often teams will adequately read the switch and slip the screener but bring the cutter right into the switch. Rather than running the cutter into the switching defender, have him flare as the two defenders come together for the switch.



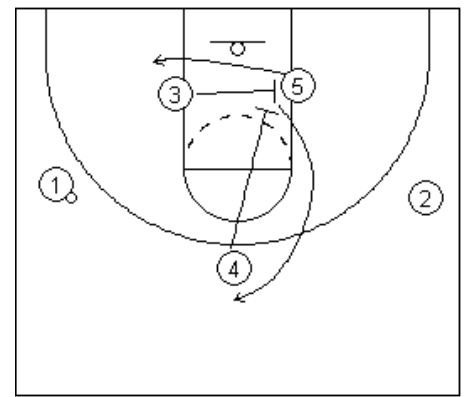
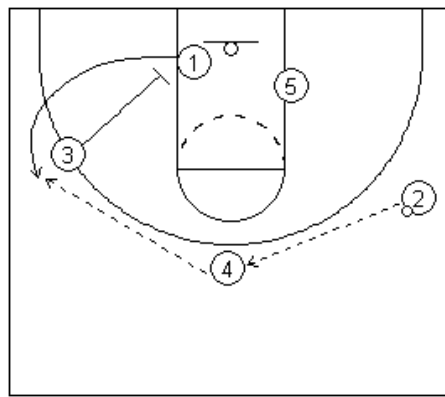
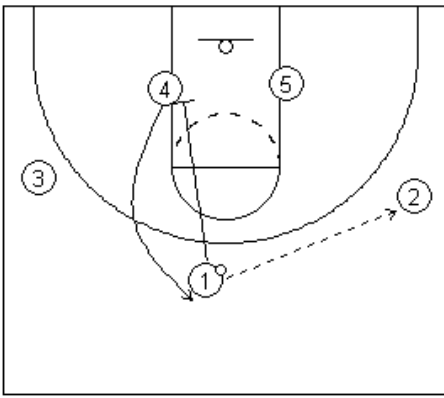
“Shuffle”



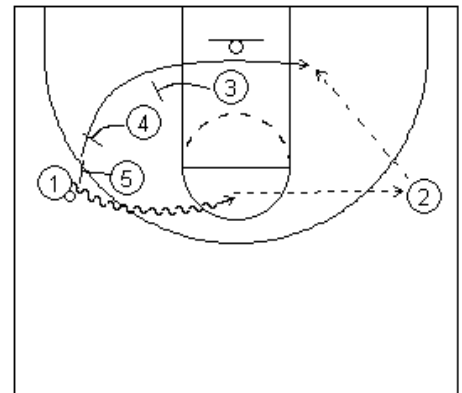
“Cross Pin”



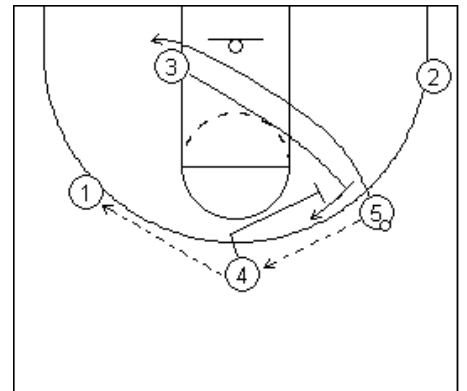
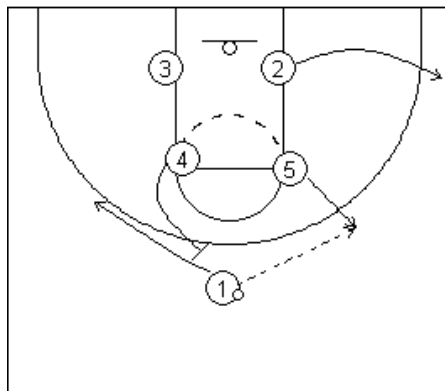
“Triangle”



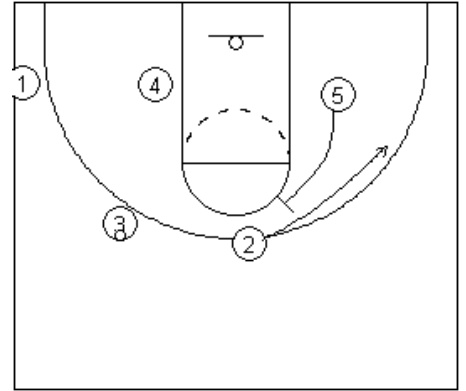
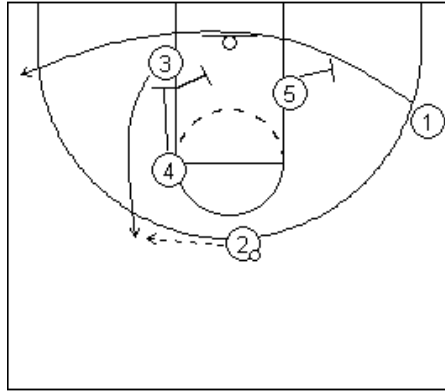
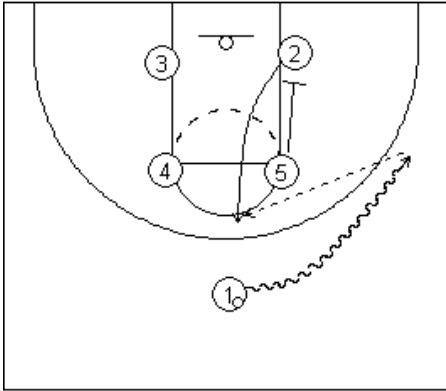
“Triangle 5”



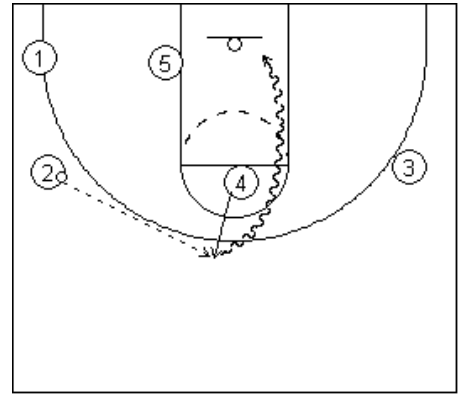
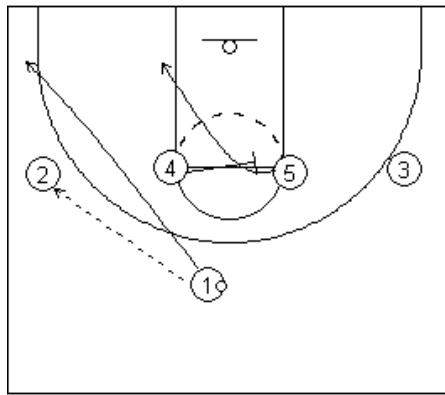
“Box 1”



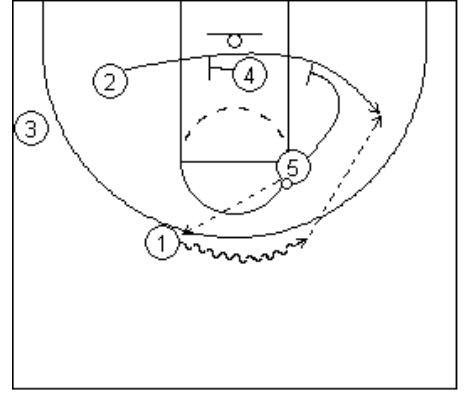
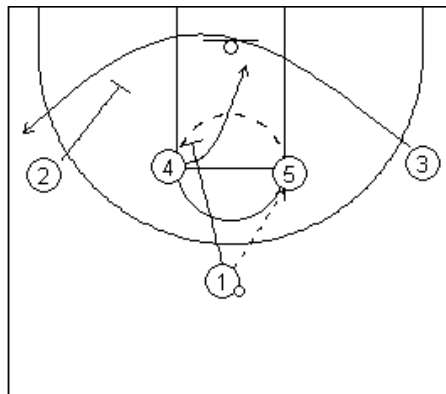
“Knicks”



“Slice”

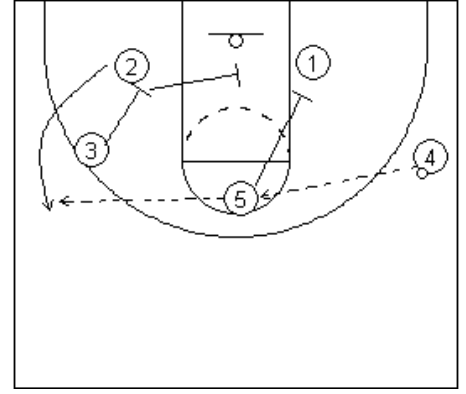
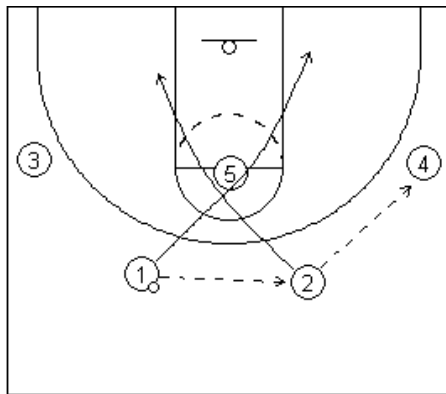


1-4 Curl

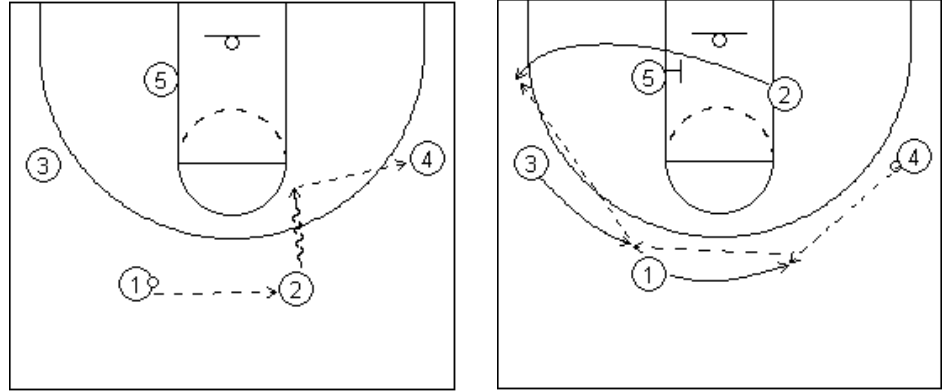


“21”

1 has choice to use either 1 or 5's screen. If he uses 5's down screen, 3 continues across the lane to cross screen for 5.

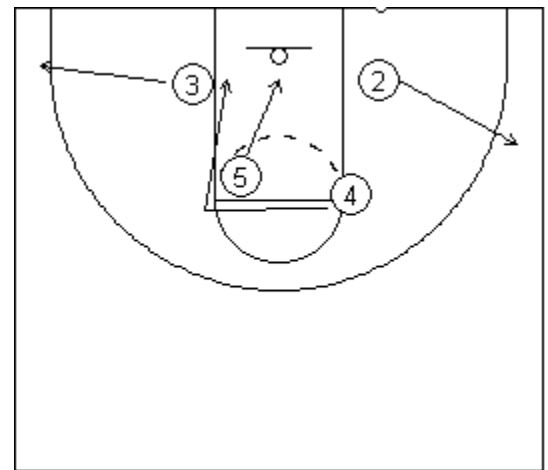


-Versus a 3-2 zone: “Bang”



-BLOB play versus a 2-3 zone: “X”

»2 and 3 clear. 5 sprints to the front of the rim shouting “Ball” while 4 *walks* to the opposite elbow before shooting down the lane. The far side forward (away from the ball) is isolated and must make the decision between guarding 3 in the corner and reacting to 4’s lane line cut. 1 must be an actor here and get the forward defender guessing.



-Some of the best zone O you can run against a 2-3 is a 1-3-1 set peppering the ball from sideline to sideline.

-Run set plays versus zone defenses to isolate one defender (most of the time it will a forward defender) and make him play 2.