



Thad Matta - Ohio State MBB

OSU Men's Basketball Practice

2-3 zone

opposite guard covers high post 5 man stays in front of rim

bump wing on skip pass – wing gets wide and bumps to the corner rather than the block – “talk the bumps”

no direct pass from top of key to short corner

double the short corner

“guard the basketball” no blow by’s in guard forward gap. 90% of points given up in zone by blow by’s

“guard the ball like it is man to man”

Ball entered to high post, 5 man must think deflect pass to block to buy wings a second to recover

Drill: 5 on 5 transition advantage drill (universal drill 5 offense across baseline 5 defenders across FT line extended call a defenders name that has to touch the baseline before getting back) back to 2-3 zone

Guard big break down

Guards: one dribble pull ups, hand back jumpers, hand back and reverse direction for one dribble pull up, catch and shoot 3’s

Bigs: Pin down screen to step off for baseline 12 footer, screen and slip to attack rim: reverse pivot on slip

5-0 review sets

“1”

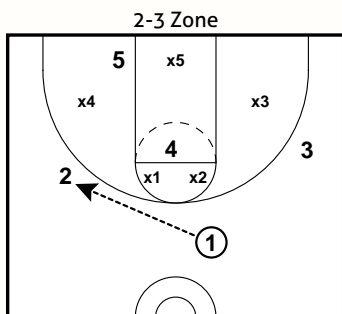
“Pistol”

“sweep” - horns set

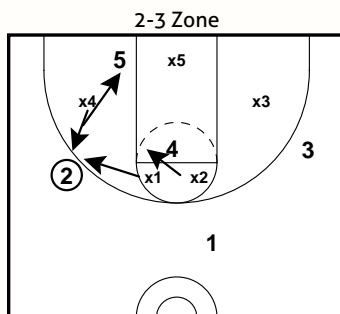
Drill: 2-3 box out to transition into sets live

Live sets in the half court

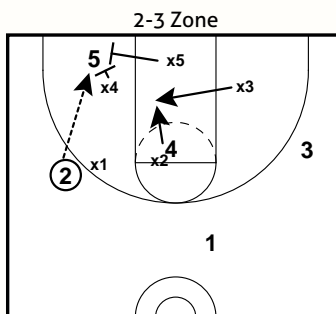
Thad Matta Diagrams



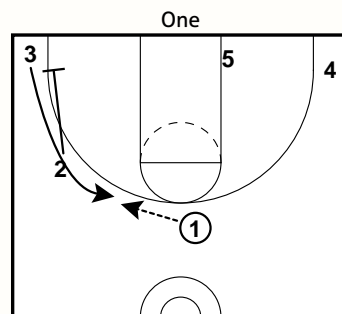
x1 & x2 Pinch middle to protect against middle penetration. x3 & x4 are high and wide to close out 3pt line. x5 is deep



x4 shows on the wing catch then x1 “bumps” him down. x2 takes away the high post



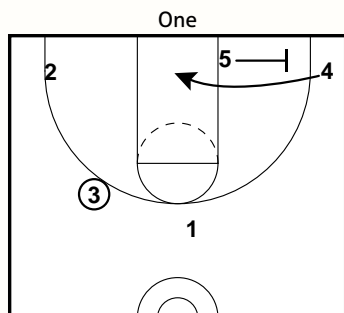
x4 and x5 are going to double the pass to the short corner and x3 is responsible for 4 diving to the rim



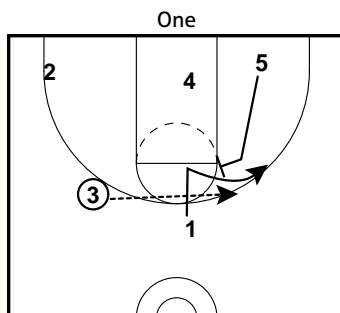
2 sets a down screen for 3
1 hits 3



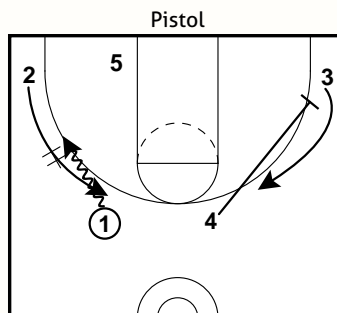
Thad Matta Diagrams



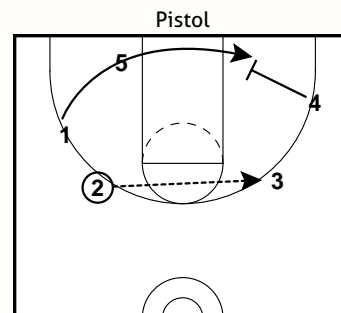
5 sets a flex screen for 4



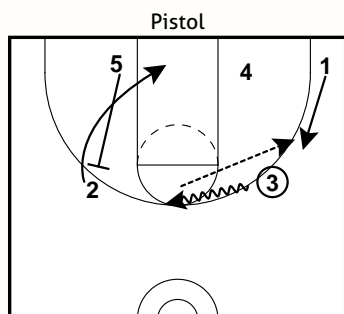
5 sets a flair screen for 1



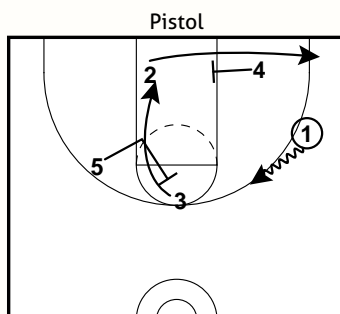
1 dribble hand off to 2
4 down screens for 3



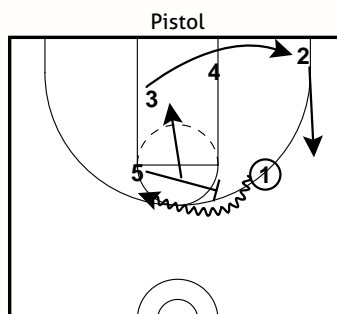
1 continues thru off of 4's baseline screen
2 hits 3



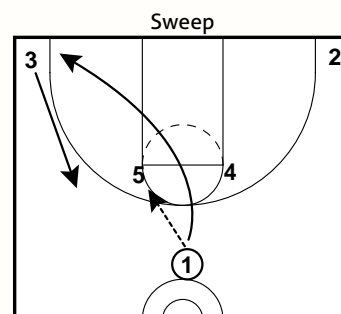
5 is setting a back screen for 2
3 is bring the ball toward the action and then throwing back to 1



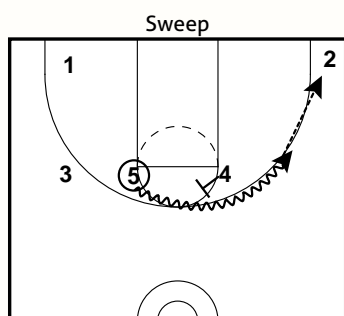
2 continues thru off of 4's screen
5 is setting another back screen for lob for 3
1 is bring the ball toward the action



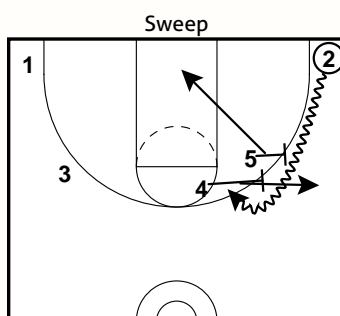
3 clears out
5 sets a ball screen for 1 and rolls



1 hits 5 and cut to the ball side corner



5 uses 4's ball screen and hits 2



4 and 5 set a double ball screen for 2
5 dives to the rim
4 pops



Kevin McGuff - Ohio State WBB

Special Situations

D.I.E. – special situations

Develop Philosophy: have to have a philosophy that you believe in. Your players can't buy in if it's not yours. Are you going to foul if you're ahead by 3 at end of game? Are you going to get ball in best player's hands or use as a decoy? Do you have a plan if best player is fouled out? Quick 2 if down 3? How much time? Miss a free throw? Did you practice missing a FT? Do you run plays you practice or do you draw things up based on what other team is doing? Stats or gut feel? Switch all screens at the end of the game? Tallest player over the inbounder? All should be decided before the heat of a game!

Implement Strategy: Contest the 1st week of practice to see who can throw a long inbound pass. Contest who can dribble from end line to the rim the fastest. He steals the most special situations from games on TV. Much more than sets or offenses or defenses. Work on saving the ball and throwing the ball to the other end. Work on keep away so the other team can't foul. Work on calling time out 1st on loose balls. Have a notebook of late game special situations handy on the bench that an assistant can pull out. Things you have worked on. Deck of cards with late game situations, pull 2 or 3 in a practice and work on. Create a chart of late game situations (blob, slob, under your hoop, under their hoop etc) and have all scenarios thought out and covered

Execute tactics: project confidence at the end of a game when implementing strategy. Talk to your team in the same way at the end of the game as you did the whole game. Have the same timeout routine at the end of the game = comfort and confidence. Use the grease board the same way. Involvement of assistants should stay consistent. Do you have a coach in charge of foul situations and possession arrow?

OSU Women's special situation plays

Likes to play the match-ups. Who can drive by the player guarding them.

BLOOB: Need a 3

BLOOB: need a quick 2 (4 secs or less)

SLOOB 7 Sec need a 2 to win, all 5 go to the glass hard there is no transition D necessary

SLOOB for a 3. 1 more pass after the staggered double

"Sprint" Full Court down 2 need at least 5 sec: have the PG take the ball out and have him get it back quick.

"Fire": Full Court down 3. Could get a 2 or a 3.

Up 3 on Defense between 5-10 sec left, opponent has to go full court, they are going to foul. They practice it and have a call for it "chop." Get the ball under control. Try to take the foul around half court.

www.beyond94feet.com

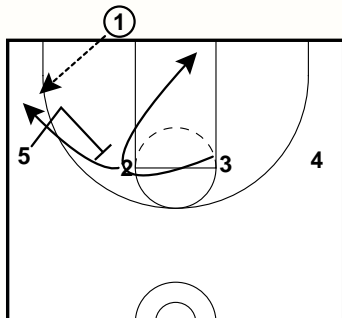
Practice plan creator 300+ drills you can drag and drop into a practice plan.

Kevin McGuff Diagrams



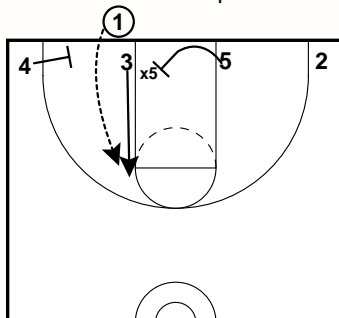
Kevin McGuff Diagrams

BLOOB Need a 3



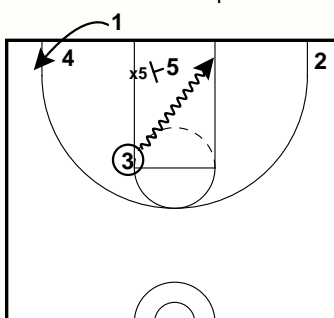
3 curls hard around 2 and runs into x2 going by. 5 screens 2 to the wing for a 3pt shot

BLOOB need a quick 2



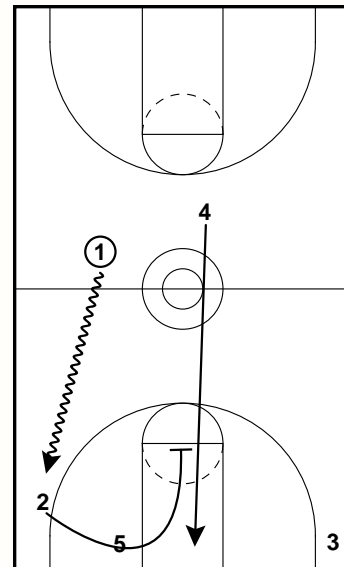
1 hits 3 popping to elbow
5 ducks in

BLOOB need a quick 2



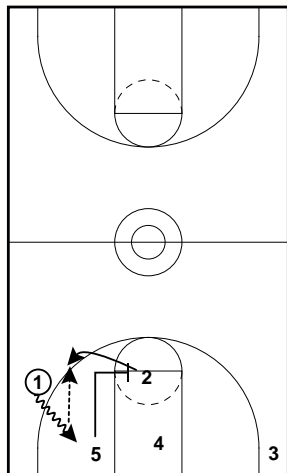
5 seals
2 spots up
1 comes off of 4's down screen
3 is getting to the rim

Fire



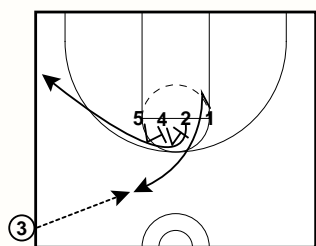
1 pushes 2 thru
2 back screens for the trailing 4

Fire



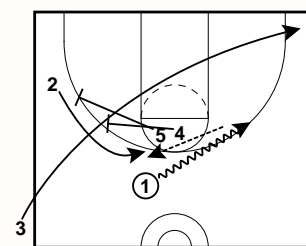
5 steps up and inscreens for 2 for a three

SLOOB need a 3



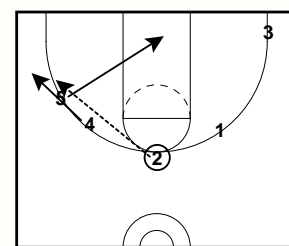
1 gets a catch off 4 and 5's double

SLOOB need a 3



3 clears to the corner
1 dribbles right
4 and 5 set a staggered double for 2

SLOOB need a 3



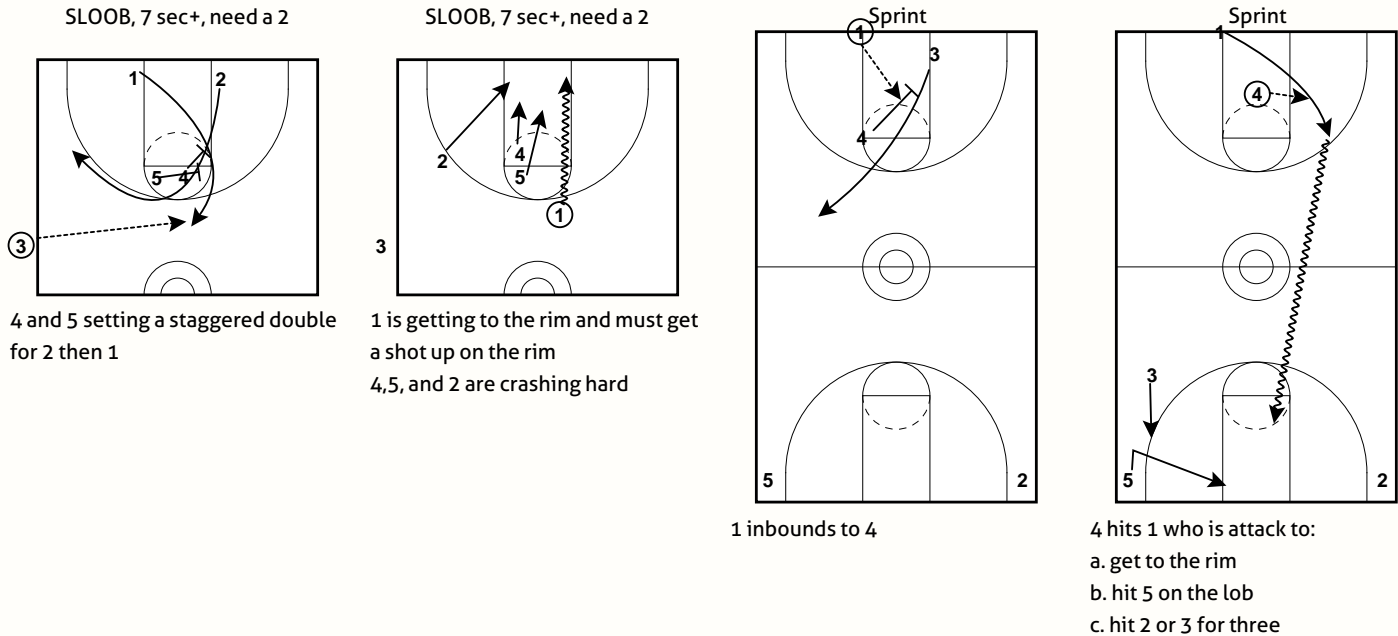
2 either shoots or makes one more pass to the 4

OHSBCA Clinic Notes

OHSBCA Clinic | 5-Oct-2014



Kevin McGuff Diagrams



Frank Martin - South Carolina MBB

Offensive Rebounding and Defensive Concepts

FMartin@mailbox.sc.edu

KieferD@mailbox.sc.edu Video Coordinator – will send video of how they do things/ practice drills etc.

Coach in a way that fits your personality

Coaches the way he believes the game should be played. That lets the kids buy in.

6 out of 10 years teams have been in top ten in country in rebounding

Offensive rebounding: offensive boards get extra shots and put more fouls on the other team. "Shoot shots we can rebound."

Can't stand around, you either have to get back or hit the glass hard.

Apply pressure on every phase of the game. Pressure makes you great or makes you quit.

He believes in pressure defense and pressure offense.

Anytime they shoot 3,4,5 are opposite and inside getting on the glass. They go to the glass every time.

Opposite and inside means they are opposite side of where the shot came from and hold inside position.

Gets the 2 guards to the elbows.

If he coached high school he would get a treadmill and make the guy that makes the mistake get on the treadmill. You control the speed. Keeps kids in practice.

Has kids play as hard as they can and ask out. Then they tell him when they are ready and go back in. If he takes them out then he decides when the player goes back in.

It is hard to score against set defense. If you can get your defense set it can be pretty good.

2 Big defense beliefs

1. Wants to keep his players out of rotations.
2. Doesn't like to put his players in close-outs.



Frank Martin - South Carolina MBB

Simple defense concepts he is trying to accomplish

1. Keep the ball out of the middle of the floor
2. Be aggressive and disruptive
3. No 3's and no lay-ups, only give up tough contested 2's
4. Pressure every dribble, pass, and shot
5. Don't allow short passes, force into long passes
6. Speed the offense up
7. Make people have to shoot the ball off the dribble
8. doesn't trap very much because then you have to rotate

Believes in playing depth makes the other team play depth they are not used to.

Picks the ball up at half court – the further the ball is from the basket the harder it is to score.

Contested shots in the NBA only go in 22% of the time.

Wants his players to trust each other and build a culture of trust.

Man on the ball takes away the high pass, man guarding the cutter is taking away the low pass

He has all his players work really hard on guarding the basketball

Ball in the middle play ball straight up. On the side defender has nose on top hip. "Crack of your @ss to the glass."

Work hard on your players' first step not to allow a straight line drive to the rim. Works hard not to touch dribblers and cutters with their hands.

Ball handlers should see your defensive players not their offensive players.

PG's make the 1st pass as difficult as possible.

Away from the ball they are on the line, up the line. Body in the passing lane. Further the ball is from the basket the more aggressive players are away from the basket.

Wing defenders do not open up on back cut. They snap their head and sprint to take away the bounce pass.

Puts tape down the middle of the court to mark the midline of the court for defensive help and to get the bigs to run rim to rim.

Wants bigs to avoid contact in the post on defense to stay up the line and deny.

Wants offense to catch the ball on the wing going away from the basket.

Denies pass from the wing back to the top of the key, that keeps the ball on one side of the court.

Forces teams to try and beat them one on one.

Use the palm of your hand in the screeners chest to keep the screen off your body.

Bigs have to block a shot or take a charge.

They don't sell out off a corner shooter when the ball gets driven from the top in the wing gap.

Guards helping inside sit on the legs of the bigs so they can't jump.

Helps with the lowest guard on the baseline drive. (guard may have to rotate thru a big) So your guard doesn't have to rebound on the weak side.

They don't lock and trail cutters, takes away denials. They hit the screener and re-angle to the screen



Frank Martin - South Carolina MBB

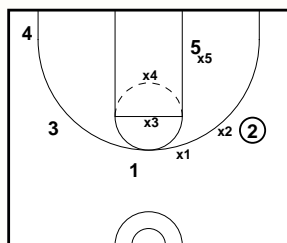
Fronts/denies the post so he has post defenders smash offensive player under the rim on box out instead of trying to get back around.

He would flair screen a lot if he coached HS

Don't lower your expectations of kids. Up to us to help the next generation. Accept the profession that you have chosen, you will have to deal with kids personalities. Your job is to inspire personality not to defeat it.

Frank Martin Diagrams

Half Court Man to Man



x2 has his nose on 2's high hip
x1 and x5 are denying with a body
in the passing lane
x3 and x4 are on the midline in the
passing lane

Saul Phillips - Ohio MBB

Zone Offense Specials

Saul.phillips@ohio.edu

David.mckinley@ohio.edu grad assistant

Coach to your personality, there are different ways to get things accomplished.

Don't remove yourself from the coaching even if you are taking pieces from other places.

Tries to recruit kids that really love basketball

Zone Specials – usually to get the ball inside vs a zone

Keep it simple

Shot lob for lob plays vs the zone

Plays for zone and man – good for teams that switch defenses

"Open" – Wing ball screen with a staggered double on the weak side, screeners flash to hi-lo look.

Likes the elbow and short corner vs zone

BLOOB vs zone

He likes to give team basic actions and lets guys learn how to play

OHSBCA Clinic Notes

OHSBCA Clinic | 5-Oct-2014



Saul Phillips - Ohio MBB

Base Zone Offense: wing, wing, corner, high post and low post

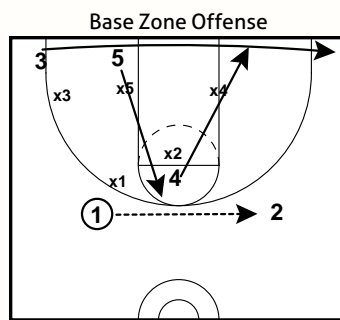
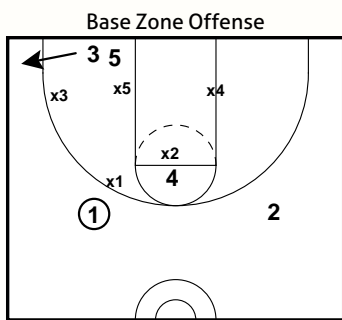
3 man working the base line behind the zone corner to corner, 4 and 5 high-low x cuts

1 and 2 work the perimeter and willing to gap the zone with the dribble

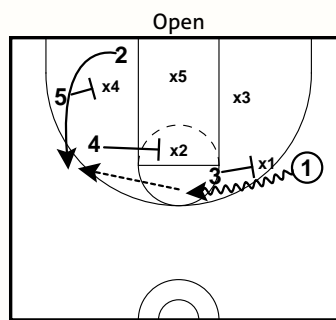
< 6 pts per game on catastrophic turnovers "pick 6"

Use the ball fake vs the zone

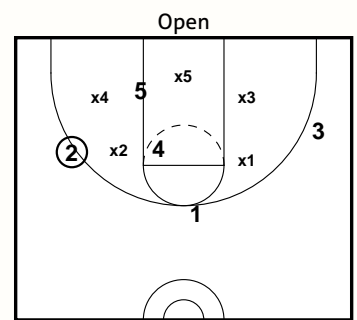
Saul Phillips Diagrams



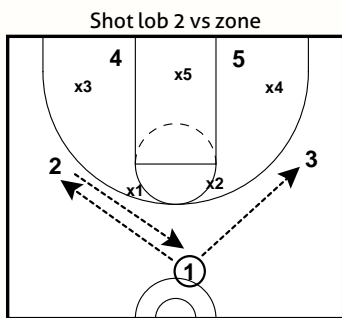
4 and 5 are X cutting on ball reversals. 3 is working behind the zone along the baseline



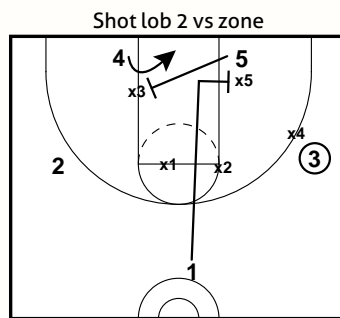
3 ball screens for 1
4 and 5 double stagger the zone for 2



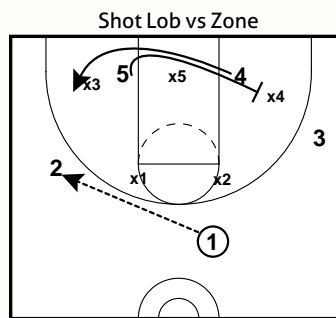
4 and 5 slip to a high low look



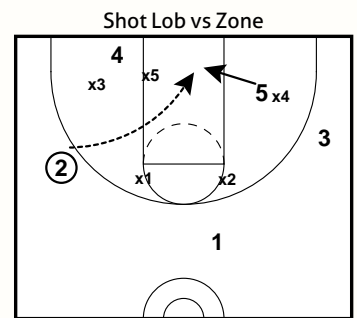
1 hits 2
ball gets quickly reversed to 3



1 screens x5
5 screens x3
3 hits 4 on a shot lob



1 hits 2
4 and 5 cross underneath
5 screens x4



2 shot lobs to 5 who has sealed x4

Jill Phillips - Princeton HS

POST PLAY

Post drill: 3 back board taps, outlet pass to coach, sprint to half court, sprint back and get pass for lay-up.

2nd time through sprint back from half court and shuffle at FT line for catch and post move.

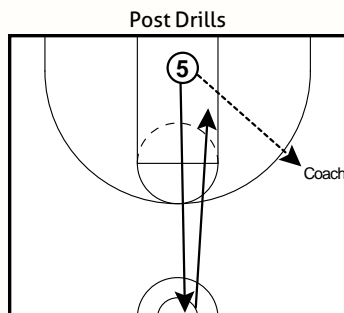
3rd time sprint back into swim over blocking pad for catch post move.

4th time sprint back into a skip and seal for lay-up. Each player completes 2 times.

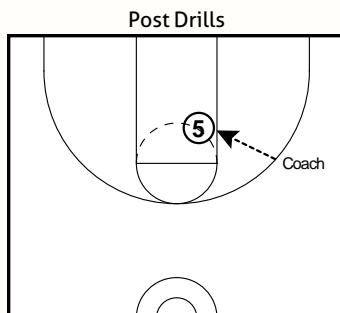
Post Drill: catch on short corner and rip thru on a front pivot, power dribble and hop step to the rim aka "Kiss my tail move" Good for short corner catches vs. zone



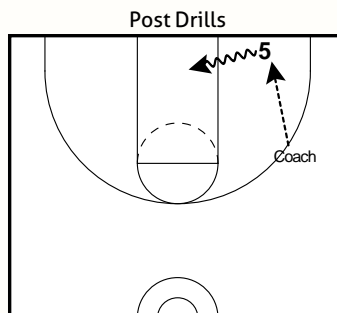
Jill Phillips Diagrams



5 does three back board taps, outlets to coach, sprints to half court and on the way back gets a pass for different finishes



Catch and lay-up, catch and post move, swim past a blocking pad to catch and post move.



5 rip thru on a front pivot, power dribble and hop step to the rim aka "Kiss my tail move"

Steve Gray - Norwalk HS

Zone Sets

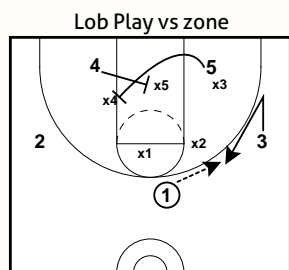
Lob Play: as seen in the state final four!

SLOOB for a lob

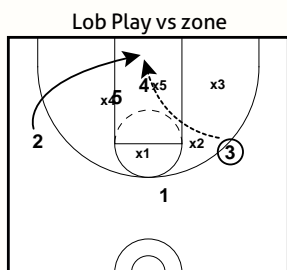
Zone Set

Base SLOOB to get ball in and then counter with a slip to the rim

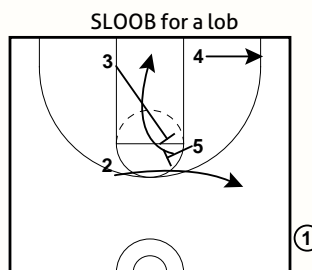
Steve Gray Diagrams



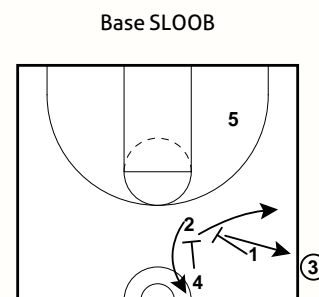
1 enters to 3. 4 screens x5 and 5 screens x4 for a lob for 2



3 hits 2 with a "shot lob" - looks like a shot just a foot left of the rim



4 sprinting to the corner. 5 screens for 2 then receives a back screen from 3 for a lob



4 screens 2
1 screens for 4 and steps back to the ball

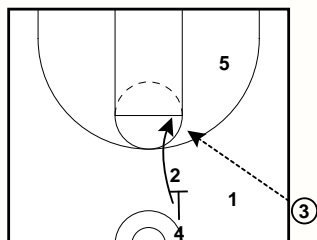
OHSBCA Clinic Notes

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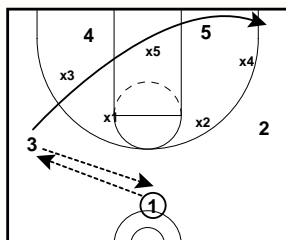
Steve Gray Diagrams

Base SLOOB



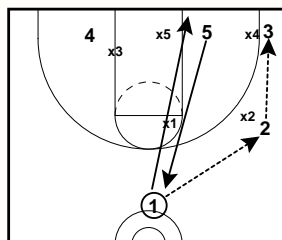
Counter: 4 slips to the rim

Zone Set



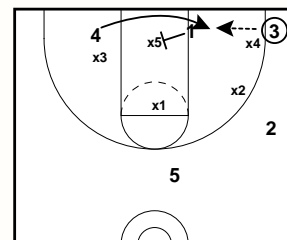
1 hits 3
3 throws back to 1 and cuts to the corner

Zone Set



1 reverses thru 2 to 3 in the corner
1 and 5 interchange

Zone Set



1 screens x5 as 4 cuts under the zone

Frank Kill - Lima Central Catholic HS

Sideline transition break drill

Idea is to get players moving without the ball and looking at a sideline break

Ball can't hit the ground (no bounce passes)

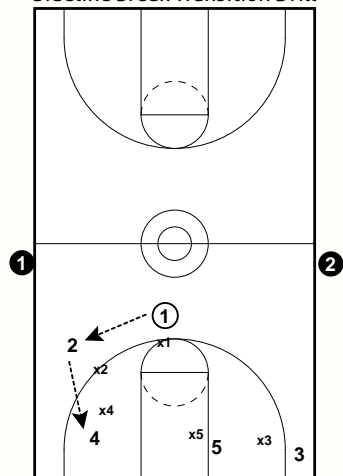
No dribble

5 players and an extra player out of bounds along the sideline

Every time someone scores they become the sideline guy.

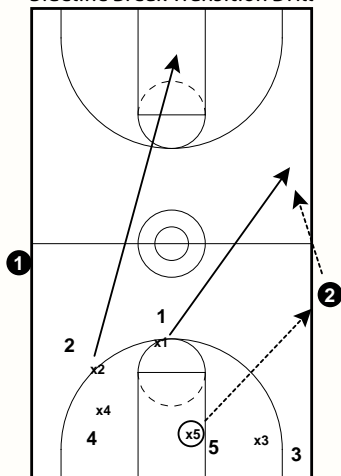
Frank Kill Diagrams

Sideline Break Transition Drill



5 on 5 no dribble. Each team has an extra player on the sideline that has to be out of bounds but can work up and down sideline

Sideline Break Transition Drill



When the defense gets the ball they are looking to get the ball quickly to the sideline man and into a sideline break.



Will McKinney - Columbus Afrocentric HS

"Soccer" Transition Drill

3 on 2 on offense, must shoot a 3

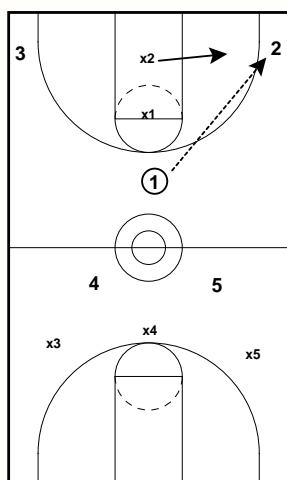
after a score defense has a 3 on 2 advantage in the back court, should double the receiver and make the inbounds pass difficult

Offense can throw anywhere vs the pressure (they have 3 in the front court)

Great drill to emphasize transition basketball

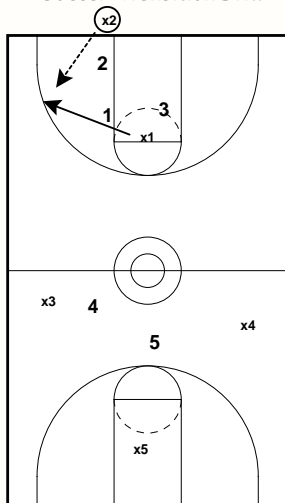
Will McKinney Diagrams

"Soccer" Transition Drill



Offense must shoot a 3 and play it live make or miss.

"Soccer" Transition Drill



When the defense gets the ball 1,2 & 3 make it difficult for them to get the ball to half court. Once across half court offense plays 3 on 2 again and must shoot a 3

Jeremy Best - Convoy Crestview HS

Transition Drill

Drill: 3 on 2 break with trail defender coming on. Pressure on made basket.

No Ball Screens

Drill: 2 Ball Shooting

2 Lines: every player has a ball

2 coaches on the opposite side of the floor. 1st guys in line throw ball to the coaches and screen and cut.

1 coach hits the cutter the other coach hits the screener.

Rebound your own shot.

Screening action for the drill:

Down Screen to straight cut

Down Screen to curl, screener fills high

Flair Screen to string out and screener slips to the rim

[illegible]

If offense scores, they immediately deny. Defense takes the ball out and transitions to offense.

<https://www.youtube.com/channel/UC7G4y3ad7nzdrDGrxHibjVQ>
Shane@shootawaymail.com national sales rep

Execution Plan: carried out in practice



George Raveling

Monitor Practice everyday

Practice plan: 2 or 3 points of emphasis everyday

Time limit for each drill etc

At the end of the week total time tally: how much time are you spending on things – defense, rebounding, shooting etc.

Did you spend enough time on things you need to get better at?

Inherent in every challenge are 6 opportunities

Strategy is about: survival, perceptions, being different, competition, specialization, simplicity, leadership, reality

Coaches are concerned about leadership: We need to teach players how to be a leader!

Give players the opportunity to share in the leadership

Great leaders share leadership

Poor leaders hoard leadership

Practice performance is at the heart of success

Expectations: are they realistic and communicated well with players

There must be understandable measurables for players

Celebrate success: He would spend a reasonable amount of time celebrating success when things go right.

Define players' role

Practice is a partnership = give and take

Listen to the voice of the athlete and the athlete will take us where we want to go. Big philosophy at Nike.

Partnership

Shared vision, mission, objective, goals, strategies, beliefs

Practice is a place where players and coaches learn together

Be flexible enough as a coach to change practice on the fly

Brand Practice in the minds of players

Practice as a destination point, some place they want to be instead of a place they have to be! Opportunity to learn, grow, compete, and have fun!

A place to get better.

Six Ways to Learn Everything

Hear it – explain it

See it – film/discuss it

Write it – White Board/Draw

Speak it – talk them thru it

Do it – on court

Repeat it – Practice Repetition

He made all his players keep a notebook. Would have them handy at practice so players could grab them and write things down when appropriate.

From a coaches perspective practice is about managing performance

Free the players minds up – simplicity, no information overload



George Raveling

3 hour practice is probably info overload

Had 1 hour practices in Feb if he thought they were a tourney team, stopped coaching bodies and coached minds.

We would all be better off if we could all discipline ourselves to become mistake tolerant.

Doc Rivers is tolerant of non-critical mistakes. Can't coach every possession, players need to learn on the fly.

Spend more time coaching heads and less times on bodies.

Coach the why and the how becomes easier to achieve.

If you want to change a players behavior you first have to change the way they think. Creates buy in

"Show and Tell" coaching

Quick strike conversation opportunities in practice. Bill Belichick does it while players stretch.

See, understand, focus and achieve. Help players focus through discipline.

Never discount the power of your voice. John Thompson assigned voice responsibility for each coach. Load, soft, mute, positive, enforce full

Bob Knight wasn't afraid to rip the best player to set the tone that everyone has to held responsible

Coaches must be courageous and not afraid to tell players the truth

Voices and choices: the voice the players listen to determine the choices they make.

Coaches are competing against many invisible voices

What we do wrong will make us lose so I must emphasize the things we are doing wrong – Bob Knight

Mistakes happen in practice, allow players to play thru, don't want to disrupt the flow of practice. He pulled a player to the side to correct and let the practice continue.

Give coaches a player responsibility (targeted player) at practice and look at points of emphasis.

Mistakes are opportunities for coaches. Must look at the positive value of mistakes. Teach, inspire, have players grow and learn.

How do you free a players mind during practice? Keep it simple, clarify, provide answers and solutions, help players think thru problems. Remove clutter in players mind and put at ease.

Use as many positive statements as possible.

Tied to set a goal of 70% positive and 30% negative comments in practice

Lou Holtz: Positive practice day. Managers kept track and coaches had to pay for negative comments.

What does the player do poorly? Try to keep him out of that situation. Play to players strength.

Use practice as a game for players that don't get in much.

Coaches have bad practices too: Challenge is to bring best self to practice.

Players need to know:

What is my role?

Where do I stand?

Have to tell the player what is in it for them.

Keep players constantly aware of where they stand with the coaches in terms of performance etc. Now they understand when to take it up a notch.

Players feed off of us as coaches. Body language, emotions, voice and words

What players require during practice:

Celebration: a chance to feel good about themselves

discipline

a focus

competition

sustainable high energy

positive results

a classroom environment: teaching and learning



George Raveling

a sense of satisfaction

Never make criticism personal. Keep criticism on performance

Boredom sets in when practices are too routine and expected. Keep variety, read practice as the go along.

Fatigue: mental and physical

The really good practices coaches take up residence... inside the players head

Phil Jackson could get inside a players head and get them to do things they don't want to do or he doesn't think he can do.

Players must know their contributions are: needed, acceptable, recognized, appreciated, valuable, rewarded

Practice is an opportunity for experimentation

In every practice each player and coach should be evaluated. Poor, average, good, great. *Coaches must make "great" a priority at practice. Players won't ever strive for greatness unless you make it important*

Daily practice evaluation chart: A way to create measurable at practice. Players self evaluate performance everyday.

See George Raveling Presentation for Practice evaluation chart.

Alan Stein - Stronger Team

Improving basketball athleticism during the season

Youtube.com/strongerteam

Video: Rules for basketball parents – good for preseason parent meeting

Hardwoodhustle.com – His Podcast. Around 90 podcasts, great content that is basketball specific

Email alan@strongerteam.com

Your teams athleticism is the foundation of your program

More efficient movement- and best teams are in the best shape

Treat your warm-up like a mini workout

4 pillars of ACL injury Reduction

- ankle and hip mobility
- posterior leg and glute strength
- land soft
- decelerate and load and explode in the other direction

6 Movements of basketball

- Pivot
- Jump and Land
- Lung
- Sprint
- Back peddle
- Defensive slide

Perceived Relevance – put a ball in a players hand

10 minute Warm-up (enthusiasm tap and encourage a teammate, have a purpose)



Alan Stein - Stronger Team

Sideline to Sideline

Walking high knee – ball underneath

Defensive slide – roll ball back and forth

Super Hero Reach – Stretch ball to form a big T with one leg out

Reverse lunge with over head reach

Walking Side Lunge to cross feet ball to ankle

Power skip: keep ball at chest level or higher, going for height not distance

Cross over step jumps

Step back jumps (like a step back jumper)

Euro-Step jumps: jumping off one foot

Roll Ball – Partner has to circle ball 3 times before sideline, pick up and speed dribble back. Decelerate stop on the line.

Speed dribble and decelerate to stop at mid line of court, then repeat to opposite sideline.

Foot fire to back peddle to stop at mid line of court, then repeat to opposite sideline.

Foot fire to quick hip turn, 2 defensive slides pushing off outside foot, turn and sprint to opposite sideline

Dribble Tag: One dribbler trying to tag as many teammates in the half court as possible in the half court. Pass to a teammate and start again. Or

One tagger with out a ball and multiple players dribbling

5 on 5 tag. No dribble one ball. One team trying to tag another. Once your tagged your out. Keep time, fastest team to tag all 5 wins

*creative way to condition that players will buy into, talk and communicate

Partner resistance work – keep kids strong and powerful throughout season

- Athletic stance with ball at chest (be a statue): push partner at knee, hip and shoulder 10 seconds each, both sides. Push hard and make partner work

- Athletic Stance with ball at chest: mix up where you push pull etc

- Athletic stance with ball extended in front of chest (be a statue) partner push the ball down, up, left and right

- Athletic stance with ball extended in front of chest partner push ball in all directions and man with the ball tries to hold the ball completely still

- Lunge with ball straight out (lunge with feet hip width apart, knee 3 inches off ground, front foot flat, chest up and straight) partner push ball up, down, left and right

- Lunge with ball straight over head: partner pushing ball in any direction

*make contact with hand and wrist while pushing and pulling to get players used to playing thru contact.

Sprint around the jump circle: all the away around the circle switch directions and go the other way, when you get back to the starting point shoot an air jumper. Visualize it going in.

Slide around the jump circle(facing circle and then face outside the circle): all the away around the circle switch directions and go the other way, when you get back to the starting point shoot a jumper

*in the defensive slide players should push hard off the back leg not old fashion reach and pull. Butt muscles much stronger to explode rather than using the groin muscle to drag trail leg

Spring around Circle with upper body facing one direction

Split the circle, run thru the middle of the circle at the mid point

Tag around the circle: 15 seconds to get a tag

Footwork shooting: elbow jumpers – see diagram, make it competitive

DeMatha Finishes: inside foot on the block, on elbow (one dribble), corners

You have to take the ball straight to the rim. Not shot fakes etc

OHSBCA Clinic Notes

OHSBCA Clinic | 5-Oct-2014



Alan Stein - Stronger Team

*add a basketball to make it more relevant

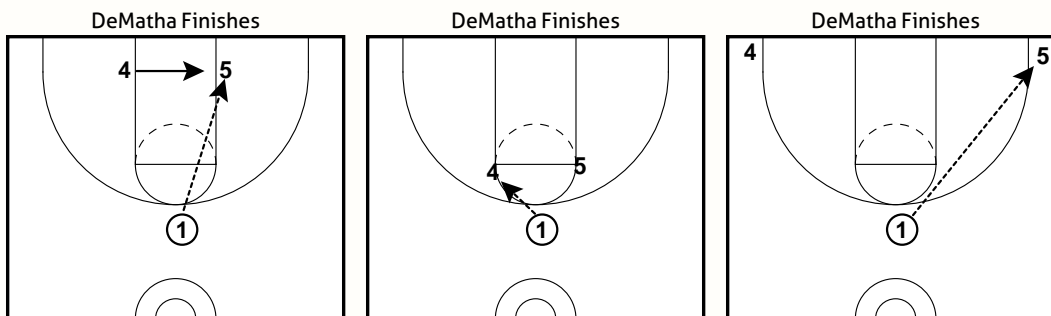
Leadership and enthusiasm and communication are skills that need to be worked on
He talks to every player on team by 1st name and gives them feed back in the 10 min warm-up
That which gets praised gets repeated
Have players coach each other, means so much more when info is communicated peer to peer
Coaches job is to get buy in from players
Basketball is a change of speed and change of direction and deceleration game
Continue strength work during the season, twice a week throughout season
"Do what you can with what you have, where you are"
More upper body and core work during the season because the legs are fatigued in Jan and Feb
Balance

Everything has to be safe and have a purpose.

Purpose:

Is exercise going to bullet proof body, prevent injury?
Is it going to help them perform basketball skills more efficiently?
Everything you say or do should have a purpose.
Dribble with a purpose: to give your team an advantage

Alan Stein Diagrams



4 and 5 with a foot on the block
Coach hits 5 and 4 is on defense or vice versa
emphasis: strong finish around rim,
take ball straight to the rim w/ no
shot fakes etc

Same drill move players to elbows

Same drill move players to corners

Tod Kowalczyk - University of Toledo MBB

UT Zone Offense and Rocket Practice drills

Tod.kowalczyk@utoledo.edu

Expectations are a privilege

OHSBCA Clinic Notes

OHSBCA Clinic | 5-Oct-2014



Tod Kowalczyk - University of Toledo MBB

Warm up drill:

Perfect passing 5 on 5

Must complete 60 passes. 20 in a row max then flip teams

No dribbles

Move anywhere you want

Back door pass completed is 5 passes, make the bucket it is 5 more

- good motion offense: player and ball movement drill

"76er drill" – transition defense drill

3 on 0 to 3 on 0 to 3 on 3 to 3 on 3

need 12 players – 2 separate games of 3 on 3

*point and talk

Full Court Finish drill

One on one full court to DeMatha finish once the ball gets into the front court. Ball handler and defender are out of game once pass is made to player on the block - See Alan Stein Diagram "DeMatha Finish"

"One on one army" – never written down on the practice plan, puts it in when there is a lull in practice

Splits up team, Blue and yellow. Calls out 2 players to go one on one. Blue cheers for Blue yellow for yellow. Losers run, winners celebrate.

*Demands celebration

Toledo has been really good in close games "75% of league games are decided by 6 points or less

"76-76 drill" first team that gets to 80 then you start a 2 min game. Scrimmage and get used to playing in close games

Drill: 1st team to score wins. Coin flip to start: use at a lull in practice

Drill 2:00 minute game with 12 second shot clock. -1 (minus 1) point for a turnover

Zone Offense:

Have to teach players to

1. Seal and post the zone – must get ball inside
2. Get the ball to the high post
3. Ball screen at any time – love to twist ball screens (take ball one way and come back the other)
4. Ball and player movement

Types of offenses: Continuity, Motion or Sets. You need all three vs a zone

Likes to early ball screen in transition into "Attack" their motion offense

No transition – set plays

Last 5-10 min of practice dedicated to zone offense. Don't see it a lot but you have to be ready for it.

Toledo Zone Offense

"White offense" 1-4 high start

*Post a defender at the high post as much as possible

*Attack and punch seems, ball screen any time

OHSBCA Clinic Notes

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Tod Kowalczyk - University of Toledo MBB

*Skip passes and cuts

*Sells his players that they are the best cutting team in the league. They talk about it and believe it

"High post 7" Dribble hand off from a catch in the high post

*terminology is key: has a name for all the actions

"Short corner" action: shot, look at high post cutter, weak side wing cutter, point guard fades to a skip 3. Wing cutter comes off a pin down screen from post player with a slip

"White High" keep 4 in the high post and 5 in the short corner. High post ball screening and popping 40% of the time. 5 man 75% post 25% short corner

*Always screen the outside of the zone to get the ball down a seam

*dribble hand off, set at 17 feet, one step set up, look to attack inside the elbow (downhill)

4 out motion with 5 man posting up 5 man without getting a 3 second call. Random cuts to the high post. Don't stop moving

Zone Sets

"Kentucky" roll and replace action with shooter running to corner

*Pick and dive it is faster than the old fashion roll

*Always have a play the player know they are going to the 1st time a team gets in a zone

"2" - Great vs teams that play 2-3 with the forwards very high

"White"

"Short Corner"

Toledo has many counters and variations for these zone looks. For these email Asst. Coach Anthony Stacey anthony.stacey@utoledo.edu

5-8 sets per season is good. Anymore is overload!

Clinic Tidbits

- see the positives in your players

- "Know yourself as a coach" Denny Kuiper – book. 25% change rule

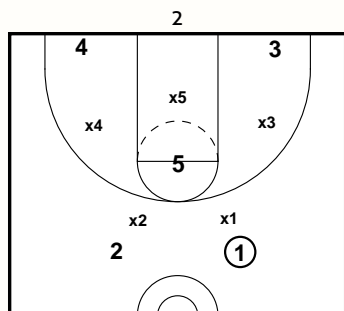
- Make sure you allow your staff to enjoy wins. Make sure staff doesn't have any responsibilities after a game

- Get fired for losing. Not "other stuff" coaches get fired for

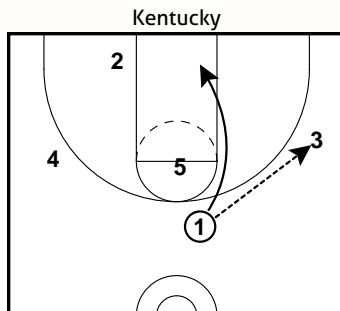
Tod Kowalczyk Diagrams



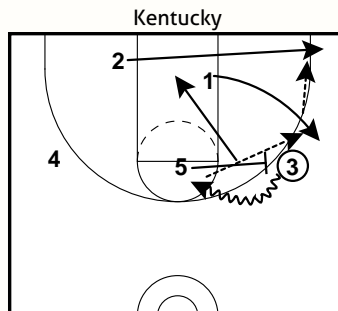
Tod Kowalczyk Diagrams



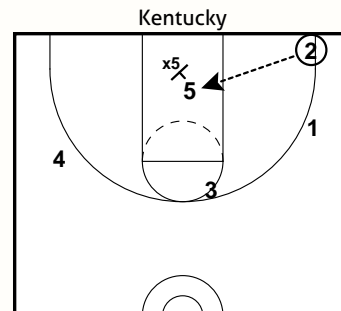
1 & 2 Drive and kick and change sides, space when they pass to 5
3 and 4 duck-in, look for dump offs from 5 and can change sides



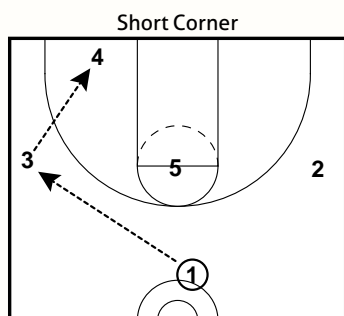
1 hits 3
1 dives to the block



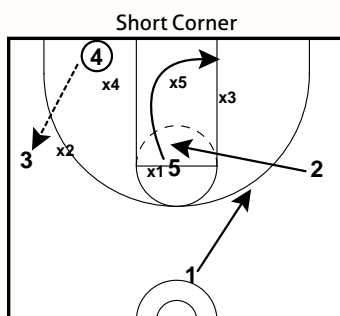
5 ball screens for 3 and dives to the rim
1 replaces behind the dive
2 is on a delay cut to the corner



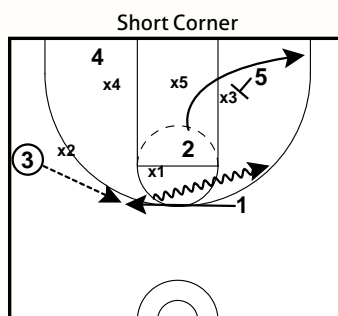
5 posts hard in the middle of the lane



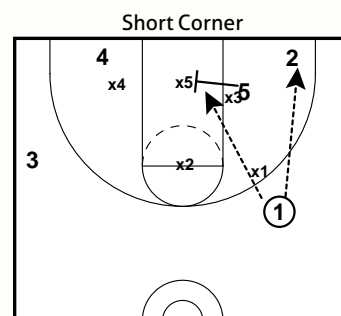
1 hits 3
3 hits 4 in the short corner



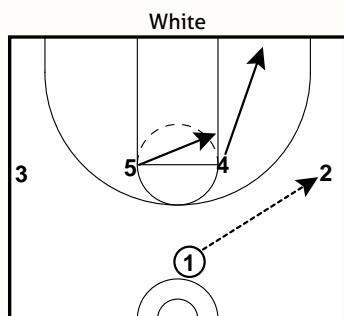
5 dives in front of x5
2 middle cuts
1 fades to the weak side guard spot
4 has any of those options



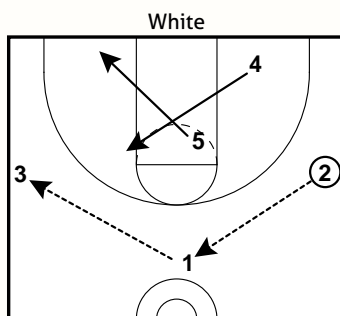
4 throws back to 3
3 reverses to 1
5 inscreens the zone for 2



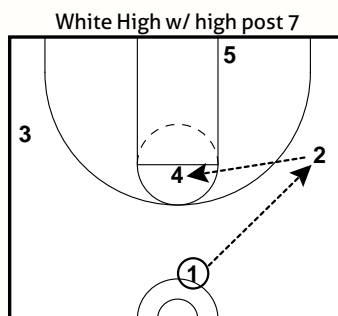
1 hits 2
or 5 sealing x5 if x3 fights hard over the screen



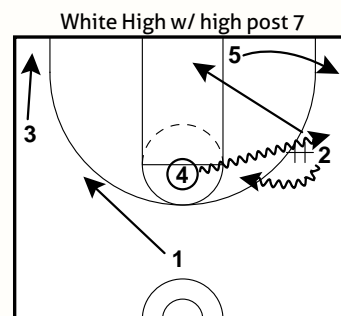
1 hits 2
4 dives to short corner
5 flashes to high post



On the ball reversal 4 and 5 x-cut



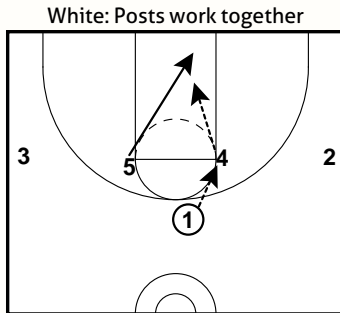
1 hits 2
2 hits 4



4 dribbles at 2 for a dribble handoff and rolls hard
5 replaces behind the roll
1 and 3 drift on the weak side for a kick out 3



Tod Kowalczyk Diagrams



- 1 hits 4
- 5 dives to the rim
- 4's first look is to 5 then over the top to 3

Billy Donlon - Wright State MBB

WSU Defense... Guarding the ball screen

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937-287-3745

Toughness is a talent

Defense minded program

Ball Screen D

Contain Coverage – switch, hedge, flat help (hedge)

Pressure Coverage

When all else fails coverage

Teaching points

Guarding the ball: Can't ever get beat going away from the screen

Never look for the screen – listen to teammates

Run up to ball handlers hip and over the ball screen "up and over"

Get back in front of the ball by the 2nd dribble

Flat help (hedge) – feet in line with top foot of screener (one or 2 big slides then get back)

Hard Hedge – do it no matter what if that is the ball screen coverage you are in! Get feet in line with screeners feet, don't get split, hedger one big jump and recover back

Tag the roller with the defender furthest from the ball

Hard Hedge and recover to the poppers number. No X out tag

*Sprint to the ball don't jump or slide to the ball.

Drill: Defend 3 on 3 ball screen on a side with roll and replace action = Wing ball screen, shooter in a corner.

"2nd marker (on the lane) tag" the roller to get a close out on the replace shooter

Drill: Defend 4 on 4 ball screen naked side pick and pop

Hard hedge and recover to poppers numbers

Defend: 5 on 5 vs ball screen continuity

Flat hedge all the ball screens to make offense dribble the perimeter



Billy Donlon - Wright State MBB

Vs. High ball screen ball handler takes away the right hand, defender guarding the screener takes away the left hand and recovers. Opposite big tags or weak side wing

Double high ball screen. Flat hedge the 2nd screen, Weak side corner tags at the 2nd marker
To pressure hard hedge the 1st screen, defender guarding the 2nd screen takes the roll / pop

Defending Horns Set: Flat Hedge and recover, tag from weak side corner. Opposite post denies pass to top of the key

"Storm" Hard hedge and deny all the perimeter pass. Furthest man from the ball screen is the tagger

Trap ball screen: to take ball out of best players hand. Other players are getting in gaps

Coaching thoughts

Assistant coaches:

Assistants at any level: don't leave a guy that is a really good coach.

Coach to your strengths

Head coaches that ask a lot trust you

You know it but you don't really know it. Losses don't count on your record.

If you are willing to accept a compliment you have to be will to accept criticism

Do not focus on the fruit, focus on the root (your culture)

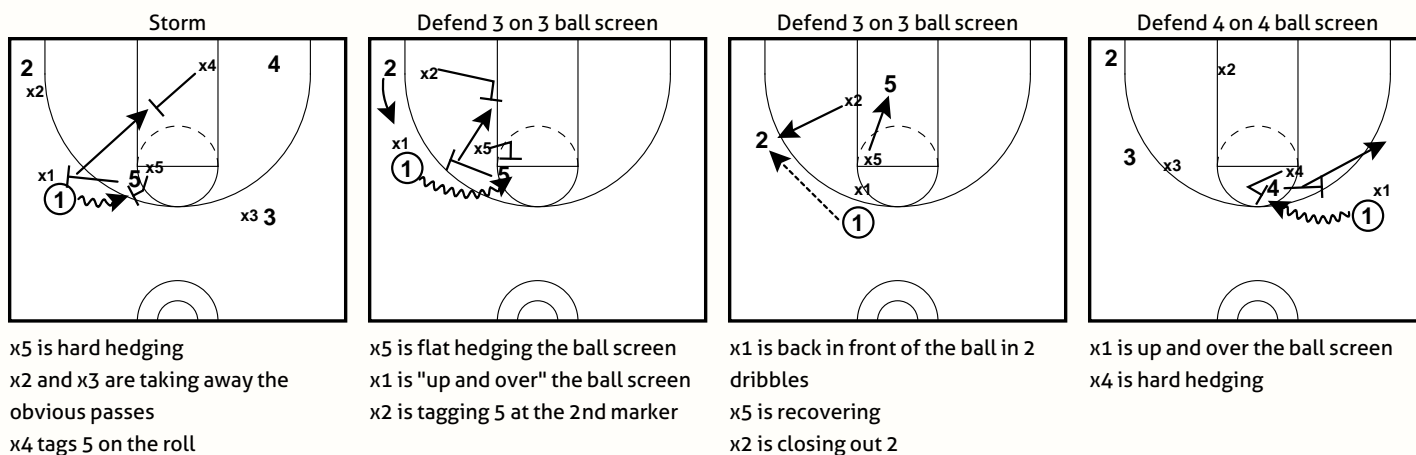
Communication: the minute you have a problem you need to talk about it. Negativity fills the time gap! Immediate communication to build relationships

"3 in a huddle" – draw up 3 plays your team has never seen before in one huddle. Then they have to run all 3 vs defense. Makes players think basketball and gives you a chance to work on Basketball IQ. Might allow you to draw up a play on the fly

Your kids are fortunate to have you.

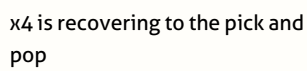
Ask a room full of adults to think of the 3 most influential adults in their lives who were not a parent. Stand up if one was a coach. Stay standing if it was 2 of 3

Billy Donlon Diagrams





Billy Donlon Diagrams



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