

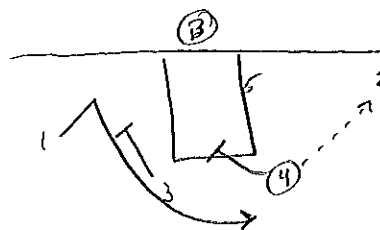
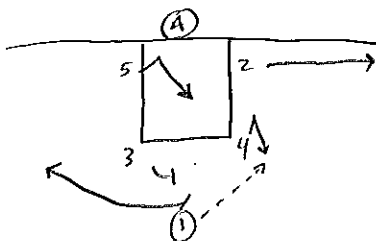
David Falk (8/14/09)

- Our staff should help guys that leave our program find job. Either basketball or professional jobs. We should network for our players and sell this during the recruiting process

Jamie Dixon (8/14/09)

- 4 out 1 in motion
  - Learned a lot from Majerus
  - Easy to reverse ball
  - Inside guy must be able to score
  - Spacing – 2 steps beyond 3 pt line
  - Problems
    - Too much dribbling
      - Take dribble away early
      - Catch and face
    - Ball stays on one side too long
      - Get catches to reverse ball
    - Screening –exchanging
      - Early in practice only curls or backcuts
      - Dictate who curls and who backcuts/flares
    - Non shooters popping for shots
      - Get better shooters
      - Don't allow them to pop
    - Standing around in motion
      - Better conditioning
      - 2 sec count then you must backcut
  - Set plays are good when team is fatigued
  - Screening angles
    - Butt to the ball
    - Great screeners most underrated players in basketball
    - Moving until you make contact
  - Set plays go right in to motion
    - With b/s at end
  - Most sets are to get ball inside
    - Should be simple

Set



- Recruit good passers
- If a guy takes a bad shot, let him know

Tubby Smith (8/14/09)

#### Ball Line Defense

- Goals
  - No lay ups
  - No 2<sup>nd</sup> shots
  - Contest every shot
  - Make offense make plays off dribble
- Apply constant ball pressure
- Contest every shot
- Sprint to ball line
- Do not allow penetrating passes
- Allow non-penetrating passes
- Always see ball and your man
- Play up the court – close to the ball
- Attempt to steal lob or bounce pass
- Jump to ball on every pass
- Communicate

#### Military term

- HUA – heard, understand, acknowledge

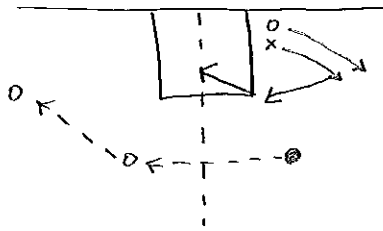
#### On Ball

- If guarding the ball, yell “ball”
- Pressure the ball
  - Deflections
  - Head on inside shoulder
- Force ball to sideline/baseline
- When ball is dribbled try to turn dribbler

#### Off Ball

- Boxer stance
  - Go for ball with hand closest to receiver
- Two passes away = one foot in lane
- 3 passes away = on mid line
- Turn and sprint with each pass
  - 1<sup>st</sup> step most important step
- Butt to baseline

1 on 1 shell → (2 on 2, 2 on 4, 3 on 3, 4 on 4)



Trap with guy on top and rotate out

- Trap any and all penetration to elbow

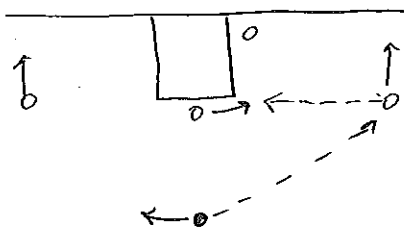


Tom Izzo (8/14/09)

“Players play, tough players win.”

- Have your staff take ownership
  - Study football staffs

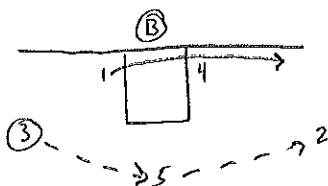
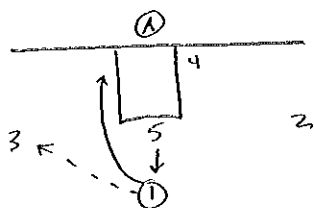
Zone Offense



- Pt must offset when he passes to wing
- When ball goes high post wings deep to corners
- Post must moves
- Attack inside shoulder when driving
- Move ball side to side
- Kill the offensive boards
  - 4 guys to rebound
- “It’s ok to be unconventional”

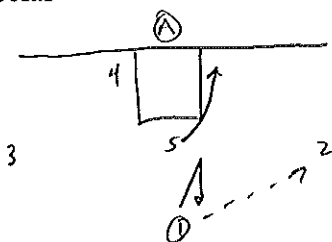
# 1-3-1 Series (Regular, Special, Double)

## Regular

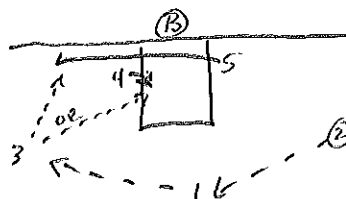


- Hit 1 for shot
- or 4 for slip

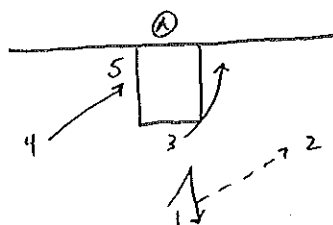
## Special



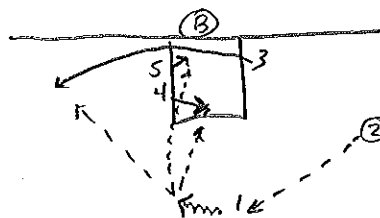
- BALL FAKE TO POST TO shift Defense



## Double

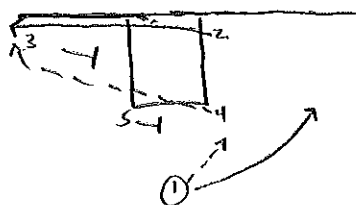


- BALL FAKE TO POST

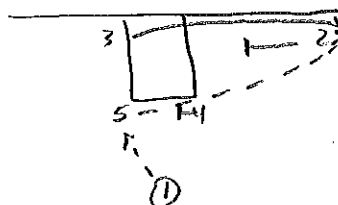


- 4 + 5 move when 3 is directly below them (3 in a line)

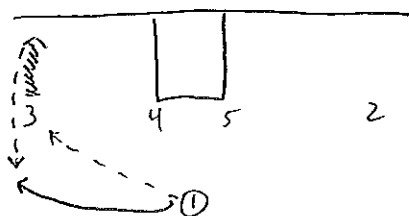
## Zone Quick Hitter



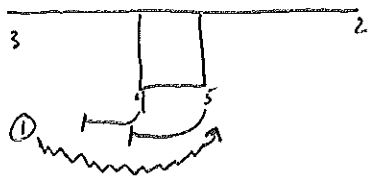
OR



Ⓐ

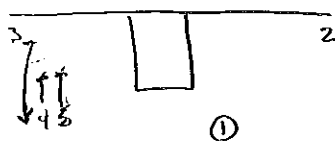


B



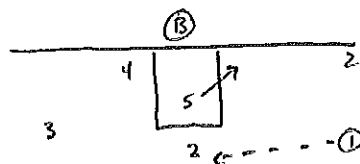
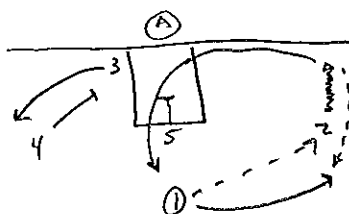
- If defensive guard goes over, double them. Screeners get forward
- If defensive guard goes under, big quickly sandwich guard

C

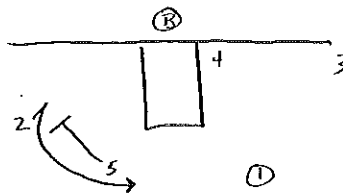
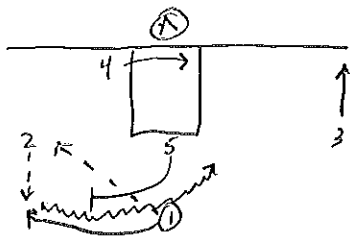


- Double screens
  - Inside guy slips
  - Outside guys spaces

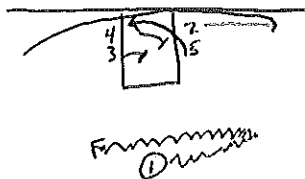
Special



## Special



## Like Malibu



## Special Teams (steals pts)

- FT shooting situations
  - Win the battle
- Jump ball
  - Aggressive approach
  - Plays
- BLOB's
  - Win the battle
  - Sprint to your spots
- SLOB's
  - Sprint to your spots
- \*Alert every minute you are on the court

Rebound every day!