

5/10/13

Roy Williams

- 
- Don't be married to ~~your~~ ^{the} way ~~to~~ ^{you want} play -
* get your best 5 guys on court

- Playing fast = you have to rebound

• SHOOTING DRILL -

How fast can you make 100 3's
with only 1 REBOUNDER

• SHOOTING DRILL (MICHIGAN)

5 mins - 1 REBOUNDER

- SHOOT 3 3's

• then shoot 1 2 pt SHOT (15' FT)

- SHOOT 3 3's

• then shoot 1 2 pt shot

Break

- 4 or 5 TAKES THE BALL OUT

• CHART WHO TAKES IT OUT the most
during week

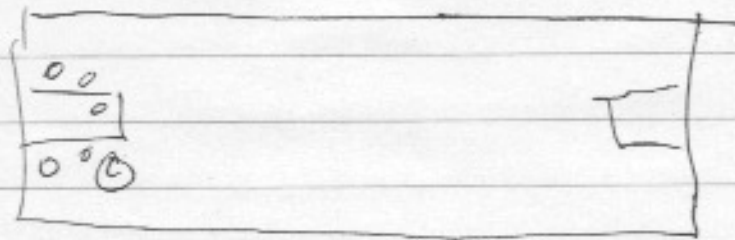
- Pt guard goes to either side to 28'-30'

- Throw ahead or change sides
of floor

Primary Break = 2 or fewer defenders
(2 or fewer passers)

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Defensive Recognition Drill



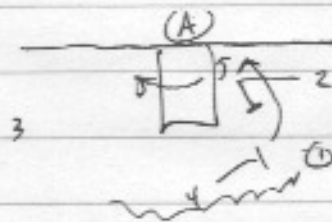
② shoots it up

Coach says 1, 2, 3, 4 or 5 +
Those guys run in

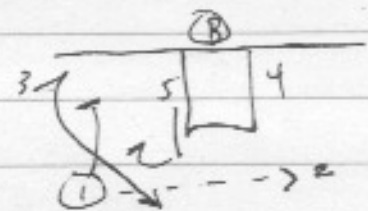
"Regular" = secondary w/ back screen
+ Big/Big crossscreen

"Early" = After FT -
Screen w/ 1st Big in center
circle for pt guard

"Double" =



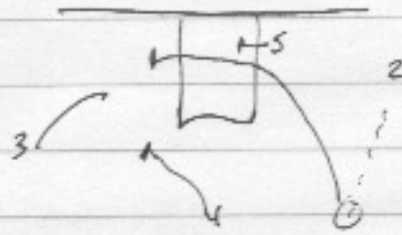
(Pick to Power)



* Pt reads man guarding 2 man

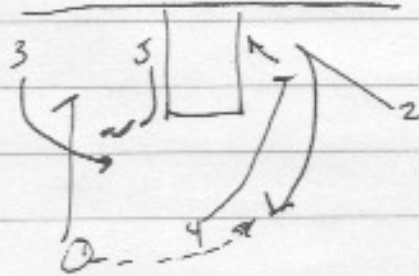
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"Thru" =



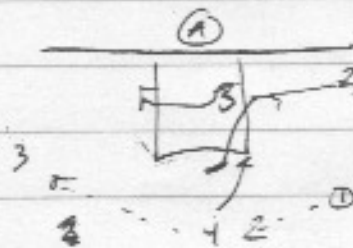
- 3 can go either way to get shot

B3 =



or can go hi/lo

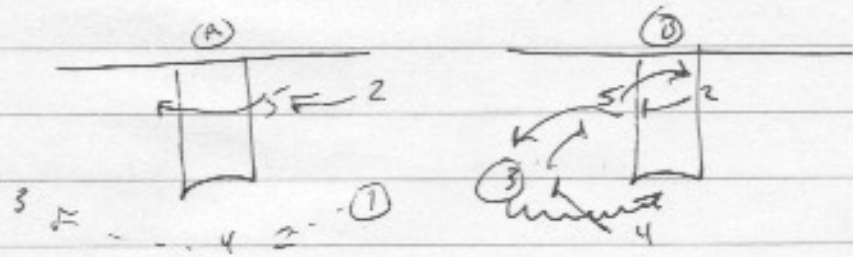
Rick/Pickup =



Kickback = Throw back to 1 man

* WATCH SFA IF you want
to steal baskets (synergy)

"Follow"



Ball screen defense - Ask yourself "What is the threat?"