



INSTANT REVIEW NOTEBOOK

Volume 6



COACHES CLINICS

1995

USA INSTANT REVIEW NOTEBOOK

VOLUME 6

Thirty-two years!! That is how long we have been making this notebook available to you. The first notebook was a summary of the notes and diagrams from the St. Louis Basketball Clinic in 1964 after UCLA and Coach John Wooden won the first of ten NCAA Championships.

The staff for the first clinic included Coach Wooden; John Benington, St. Louis University; Harry Gallatin, St. Louis Hawks; Chuck Smith, Missouri-St. Louis, Vergil Fletcher, Collinsville (IL) High School and Roger Laux, St. Louis DuBourg High School. It was intended to merely provide notes to the attendees.

The notebook has been provided annually since then under Mid-America Coaches Clinics (1965-66), 7UP Basketball Clinics (1967-74), Medalist Sports Education (1974-84), MacGregor Sports Education (1984-89) and now USA Coaches Clinics.

The USA INSTANT REVIEW NOTEBOOK is produced each summer and added to our library of nearly 2,000 books and videotapes.

A special appreciation is in order for notetakers Tom Desotell, Burt Droste, Tom Lentsch and Buzz White along with Patrick Gifford and Mary Jane Grellner, who prepare and finalize the notebook for your benefit.

When you think of quality, we hope you will remember USA Coaches Clinics and Library.

Sincerely,

Bob Murrey
President and Editor

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1995 NCAA CHAMPIONS

Men

DIVISION I

UCLA (31-2)
JIM HARRICK

Women

UCONN (35-0)
GENO AURIEMMA

DIVISION II

U OF SO. INDIANA (29-4)
BRUCE PEARL

NO. DAKOTA STATE (32-0)
AMY RULEY

DIVISION III

U OF WISCONSIN, Platteville (31-0)
BO RYAN

CAPITAL UNIVERSITY (33-0)
DIXIE JEFFERS

1995 NAIA CHAMPIONS

DIVISION I

BIRMINGHAM SOUTH (35-2)
DUANE REBOUL

SOUTHERN NAZARENE (30-2)
JERRY FINKBEIN

DIVISION II

BETHEL COLLEGE (IN) (38-2)
MIKE LIGHTFOOT

WESTERN OREGON (23-9)
RUSTY ROGERS

1995 NJCAA CHAMPIONS

DIVISION I

OKALOOSA - WALTON CC
MURRAY ARNOLD

WESTARK CC (35-0)
LOUIS WHORTON

DIVISION II

NO. IOWA AREA CC (24-12)
DAN MASON

KANKAKEE CC (34-2)
PAUL O'CONNOR

DIVISION III

SULLIVAN CO CC (31-3)
DAVID POSSINGER

RAINEY RIVER CC (25-4)
LEROY HUMBERT



COACHES CLINICS

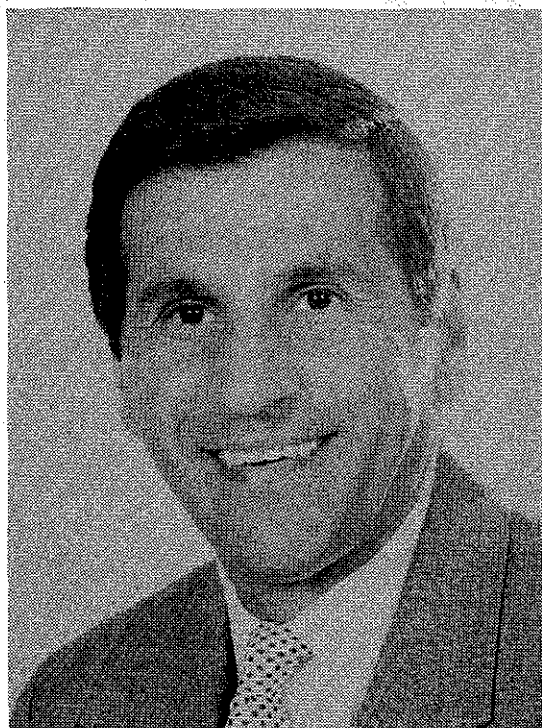
JIM HARRICK

UCLA (Men)

NCAA DIVISION I CHAMPIONS

1995 (31-2)

UCLA 89 - ARKANSAS 78



Coach Jim Harrick has led the Bruins back to the level of the nation's elite. It was Harrick's first NCAA title and UCLA's first in 20 years, since Coach John Wooden's last season as the Bruin coach. UCLA last appeared in a Final Four in 1980 when they lost to Louisville in the Championship game.

UCLA defeated the defending champions, the Arkansas Razorbacks, in a game much closer than the score indicates. In addition to the stellar play of the Bruins starters and All-American Ed O'Bannon, UCLA received tremendous help from Toby Bailey coming off the bench to replace the injured Tyus Edney. The game could have been won by either team until the last several minutes.

After his first 200 games at UCLA, Harrick, the tenth Bruin coach in history, has the best record (146-54) of any Bruin coach in history. He has been there seven years and recorded a school record of 168-55 (.753). During these seven years, Harrick has averaged 24 wins a season while reaching the NCAA tournament each year.

Harrick was named the Naismith and National Association of Basketball Coaches National Coach-of-the-Year and the Pacific-10 Coach-of-the-Year.

Congratulations to Coach Harrick and his 1995 UCLA Bruins team.

BILLY PACKER
Chairman

HUBIE BROWN
Vice-Chairman

BOB MURREY
President



COACHES CLINICS

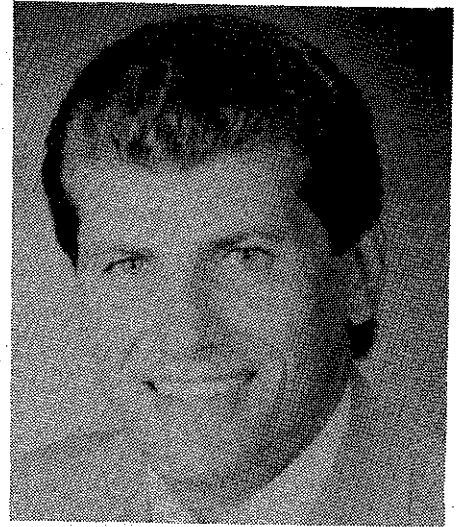
GENO AURIEMMA

CONNECTICUT (Women)

NCAA DIVISION I CHAMPIONS

1995 (35-0)

CONNECTICUT 70 - TENNESSEE 64



Coach Geno Auriemma and his team had an incredible once-in-a-lifetime season. The UConn team defeated a very fine Tennessee team to win the NCAA Division I Championship with an unbelievable record of 35-0. UConn was only the second women's team to go undefeated enroute to the national title.

UConn was ranked #1 nationally by USA Today and the AP polls. Auriemma was named Coach-of-the-Year by eight organizations. He coached an unprecedented three All-Americans last season, one each on the first, second and third teams. Rebecca Lobo was selected first team All-America by virtually every organization naming a team.

Every freshman player recruited by Auriemma has obtained her undergraduate degree. Impressively, during the past four seasons, 15 of the 20 UConn starters (8 different players) have been Dean's list students.

Auriemma has been the UConn coach ten years. During that time, his teams have averaged 23 wins per season (227-81 - .737) and they have advanced to seven NCAA Tournaments.

USA Coaches Clinics salutes Coach Geno Auriemma and his outstanding team for their achievement.

BILLY PACKER
Chairman

HUBIE BROWN
Vice-Chairman

BOB MURREY
President

QUICK CLIP BIOS 1994-1995 SPEAKERS

JANE ALBRIGHT-DIETERLE - Wisconsin (Women's)

In her first year at Wisconsin, she led them to the NCAA Tournament with a 19-8 record. Coached at Northern Illinois for ten years.

STEVE ALFORD - Southwest Missouri State

Former Indiana All-American player. Member U.S. Olympic Gold medal team; the NBA four years.

KIM ANDERSON - Missouri

Fourth year as an assistant at Missouri after being at Baylor six years. Chosen by the NBA Portland Blazers in the first round.

GENO AURIEMMA - UCONN (Women's)

His team won the NCAA Division Women's Championship with a 35-0 record and Coach Auriemma was named Coach of the Year by at least 8 organizations.

MURRY BARTOW - University of Alabama

In his 6th year as an assistant at UAB. Works primarily with the defense.

DICK BENNETT - Wisconsin

First year at Wisconsin after an outstanding career at UW-Green Bay.

AGNUS BERENATO - Georgia Tech (Women's)

Head Coach since 1988 (90-83). Coached four years at Rider College and a year at the high school level.

HUBIE BROWN - NBA Broadcaster

Prior to broadcasting, he was one of the NBA's most well-known coaches, serving as Head Coach of the Atlanta Hawks and the New York Knicks. Now in his sixth season as analyst on TNT's NBA telecasts.

JIM CREWS - University of Evansville

10th year as head coach of the Purple Aces. He has done an outstanding job turning the program around; they have been in three NCAA Tournaments since he came on board.

NANCY FAHEY - STL - Washington University (Women's)

Her teams have been in six straight Division III NCAA Tournaments and in the Final Four twice. She has compiled a 195-46 record. Was 1995 Olympic Festival coach.

TIM FLOYD - Iowa State

Second year at Iowa State after 6 years at U of New Orleans where his relentless defense led UNO to 4 regular season titles, one conference tournament title, 2 NCAA and 3 NIT bids.

FRAN FRASCHILLA - Manhattan College

Head Coach at Manhattan for three years and has guided them to a contending position in the Metro Atlantic ranking high in field goal percentage. Spent 13 years as an assistant at five different colleges.

PETE GAUDET - Duke

At Duke since 1983 and was responsible for scouting and player development. Worked with big men in practice and developed four NBA first round draft picks. Was head coach at Army in 1980-82.

GARY GLASSCOCK - STL - Cor Jesu Academy

His team won the 1995 Missouri Girls 4A State Title with an impressive 31-0 record. Head coach for five years (118-25). Teaches his players to play every position.

JIM HARRICK - UCLA

Won the 1995 NCAA Division I Championship. First NCAA title for UCLA since 1975.

BILL HERRION - Drexel

He has had four outstanding years with two NCAA bids. Coached with Mike Jarvis six years at Boston U and George Washington.

TERRY HOLLANDER - St. Charles (MO) West High School

Reached the State Final Four the past two years and won the 1995 State Championship. Has been head coach for ten years. A very thorough clinician and has some great ideas.

LARRY HUNTER - Ohio

The fundamentals of winning have always been a part of his game...first as a player at Ohio and now as the head coach of the Bobcats.

JILL HUTCHISON - Illinois State (Women's)

She ranks in the Top 15 coaches in number of wins. Her teams have won 7 AIAW State Titles in addition to receiving three NCAA and six NIT bids. She is also a three-time WBCA president.

MIKE JARVIS - George Washington

Mike has been at George Washington since 1990 and has led them to three NCAA bids. He was the former head coach at Boston U and Cambridge Rindge & Latin. On Board of Director for the NABC.

JIM JOHNSON - Incarnate Word High School

He has been at Incarnate Word for 13 years. His teams have won 7 District titles in a row, 4 Sectional Championships with two Final Four appearances, placing first in 1995.

JOYE MCNELIS - Memphis State (Women's)

At Memphis for the past four years with a 62-52 record. Led them to the NCAA Tournament last season with a 21-7 record. Her teams running style puts points on the board

DAVE ODOM - Wake Forest

He has established himself as one of the top coaches in the ACC with his rebuilding program. In 1994 named ACC Coach of the Year and USBWA District Coach of the Year. Heading into his 8th year at WF.

KEVIN O'NEILL - Tennessee

A proven builder of programs. Before moving to Tennessee he turned the Marquette program in three years. His teams won over 20 games in his last two years and reached the NCAA both years.

TOM PENDERS - Texas

His up-tempo fast paced style has taken the Runnin' Horns to two SWC titles in his 6 years at Texas and they have reached the NCAA Tournament 5 times.

KELVIN SAMPSON - Oklahoma

Just finished his first year at Oklahoma where he succeeded Billy Tubbs. He helped return a winning spirit to Washington State where he was head coach for seven years.

PAUL SANDERFORD - Western Kentucky

During his 13 years as head coach his teams have broken virtually every school record for excellence. His teams advanced to 11 consecutive NCAA Tournaments and was in the Final Four 3 times

WIMP SANDERSON - Arkansas (Little Rock)

Second year at Arkansas-Little Rock after 12 outstanding years at Alabama. A quality coach and good teacher of offensive alignments. The fans there are already thinking postseason.

TUBBY SMITH - Georgia

In his first year at Georgia after spending four quality years at the helm in Tulsa. He lead them to the Sweet Sixteen last year with a 23-8 record. Also spent two years with Rick Pitino at Kentucky.

NORM STEWART - Missouri

Last season Coach Stewart was tied with Bob Knight for 5th in victories on the list of active winningest NCAA Division I Coaches. In the Big 8 he has won more conference games and titles than anyone.

RICHARD WILLIAMS - Mississippi State

Coach Williams is highly respected by his SEC peers and his teams keep getting better. He has had outstanding seasons back-to-back.

ROY WILLIAMS - Kansas

In his 7th season at KU and holds the highest winningest percentage among Division I coaches. His teams play a tenacious man-to-man defense that has led them to the Final Four in 1991 and 1993.

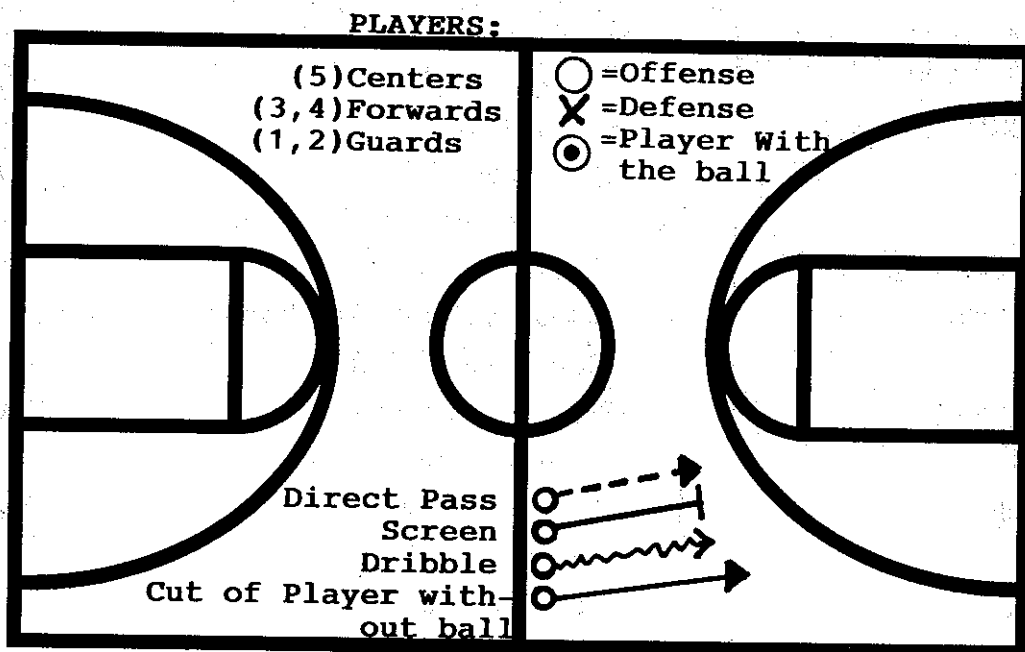
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DIAGRAM LEGEND



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

NANCY FAHEY

Last Second Shots

The reasons coaches have so many questions about **last second shots** is because of the **variables** involved. It makes a difference if there are ten seconds left and it's different if there are five seconds left. Who's in the game? How many time-outs do you have? Are you home or away? How are the officials calling the game? So there is **NO** one single formula that you should use. The thing that gives you the advantage is that you prepare as much as you possibly can to minimize the impact of those variables. **Don't assume that it will happen unless you practice it.**

We cover some type of situation every day in practice. When you go into a game, you must know how your players are going to react and you must know what play you are going to use in each situation. Your team knows them. You know who wants the ball in the **pressure situation** and who does not. So, you know that if the play didn't work, at least your team was prepared. That is some comfort.

Things You Can Do In Practice:

1. Use the clock. **Simulate game situations**, put the score on the board. Many players have no concept as to how long five seconds is. The inbounders must know how long five seconds is and that they can call a time-out only in the first three seconds.
2. Use various **combinations** of players in practice. Don't pick your best five players every time. What happens in the game when one of these players has fouled out?
3. Create a **competitive situation** through **rewards** and **ramifications**. Don't always make yourself the bad guy. Make the **players decide** on the penalty. I will ask: "Winners, what are you going to do?" They might say that they will get water. I then ask: "Losers, what are you going to do?" They will decide on something easy. Then I'll ask: "Is that all the confidence you have in yourself?" Now they will decide and make it more meaningful. They will learn to make themselves better.
4. Make it tougher for the offense by adding an **extra** defensive player.
5. **Practice time-outs**. Don't use three minutes for a time-out during practice. Limit yourself to sixty seconds. Make sure the team understands how long sixty seconds is. I have my point guard sitting directly in front of me. My 2 and 3 players are next to the guard, and 4 and 5 are on the outside. We practice sixty seconds, and don't give yourself unlimited time-outs during practice.
6. Educate your team when they have the **green light** to call a time-out. My players do not have the option to call a time-out unless I tell them. They do not have the green light in the first half. Ideally, I want to have three time-outs remaining with five minutes left in the game. Then, I will allow the team to use one of them. You must tell your team how many time-outs you have remaining.
7. Your team must know the **team foul situation**. Do you have a foul to give? If you are not in the bonus, foul the other team when they are attacking the basket. Now they will have to take the ball out of bounds and re-set. It will take time off the clock.
8. Teach them **how to foul**. You don't want to get the intentional foul and you don't want to hurt anyone. Go for the ball.
9. If you have a shot clock, make sure that you know the **shot clock rules**.
10. Sometimes in practice we set up a situation and a player will call time-out. We give a **technical foul** and tell that player we were over the limit. She didn't ask how many time-outs we had left.

NANCY FAHEY

Last Second Shots

Game Preparation

1. If you are going to call time-out to set up a play, make sure where you **want** the ball to be; under the basket, on the sideline. Pre-determine this and then make sure the official agrees with you as to where the ball is.
2. Have your assistant coach know ahead of time **who** you are going to foul. Have as many as five listed with their free throw percentages.
3. When it gets under two minutes, do not hesitate to **sub** from offense to defense.
4. If you have coached against a coach over the years, you should have the **tendencies** of that coach. Is this coach always going to play player-to-player, or will that coach switch to a zone. When you call a time-out, you give that coach a chance to do things to you.
5. Prepare a **last second book** on the sideline. Have the plays drawn up, open the book and show them the play. This is the same book I bring to practice and have it drawn for both sides and make sure that you show them the play exactly how it is going to be. Don't show them the play going the opposite direction.

Defensive Strategies

- A. **Zones:** If you are getting beat on the inside, you may want to consider zone. Another advantage is that there is **less chance** to foul. It also helps you to **stop the screens**. Most teams, during the last seconds of a game are probably developing a play to be used against a player-to-player defense. The disadvantage of using a zone is that it is difficult to defend the outside shot.
- B. **Player-to-Player:** If they don't have a player who can just "**shoot down the court**," I think it will slow the player down. Make them **zig-zag**. It is a good idea to go player-to-player if they have a star. If they are going to one player, this will help. We will **switch all perimeter screens** if the other team needs to make a three-point shot. Be sure you **don't foul** the three-point shooter.
- C. Do you put someone on the ball on the baseline defense? If it's under three or four seconds and if the gym has a small area around the playing court, put someone **on the ball**. I want to eliminate the **flat** inbounds pass. I want to make the other team **arc** the pass. If there are ten seconds, I will take the player off the ball. If you have someone on the ball, watch out for backscreens, especially if there are less than two seconds.

(Diagram 1) We face our player away from the endline, or away from the sideline as the official hands the player the ball. She watches who breaks free and double-teams that person. We don't want the ball to get inbounds, so turn to the defense and try to double up.

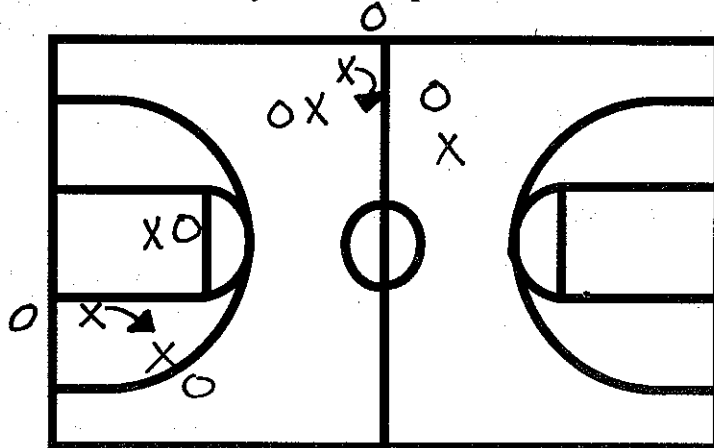


Diagram 1

NANCY FAHEY

Last Second Shots

Offensive Strategies

If there are ten seconds left in the game and you are behind, do you call a time-out? I tend not to because it will give the defense a chance to set up. Sometimes you call time-out and the official doesn't see it and then you only have six seconds left, not ten. I will call a time-out if I see that "panic look." You only know that when you see it. I tell my players that when we are taking the last shot, I want an opportunity to win. Make sure you at least get a shot. I want to **minimize** the opportunities for a turnover and I want to have **two options** to score.

(Diagram 2) **The Twelve Play.** We call it "12" because we run it with twelve seconds on the clock. This doesn't give the other team time to get a rebound and go down and score. 3 is the shooter. 3 comes off the screen and 2 pops the stack.

(Diagram 3) We then have a **triangle** with 2, 3, and 4. 3 can shoot or pass inside to 4.

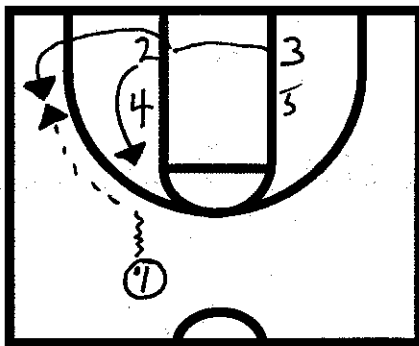


Diagram 2

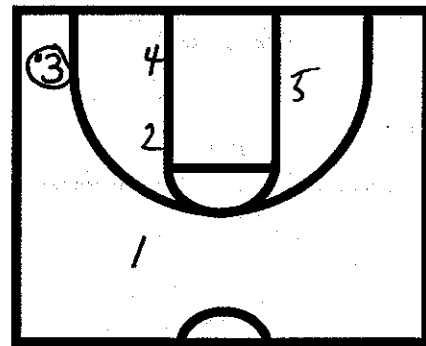


Diagram 3

(Diagram 4) If that doesn't happen, 5 steps out and sets a screen for 1. If 1 has the shot, she takes it. If not, 5 rolls down the lane. This is simple, but I want **simple** down the stretch. I don't want anything fancy.

(Diagram 5) **Master Charge.** This is used with one or two seconds left in the game and we must go the **length** of the floor. 3 must be able to run the baseline. Put shooters in the 4 and 5 positions. 3 must be able to throw the long pass. 1 is the free throw shooter who wants the ball when the game is on the line. Tell the official that you are going to do this. 3 runs hard in one direction and 2 breaks toward the ball yelling for the ball. 1 sneaks up to the baseline and sets a screen hoping to take the charge. If the charge doesn't occur, 3 passes to 5 for the shot.

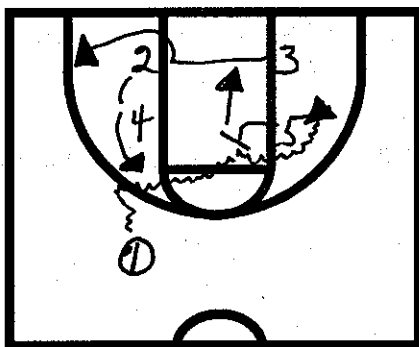


Diagram 4

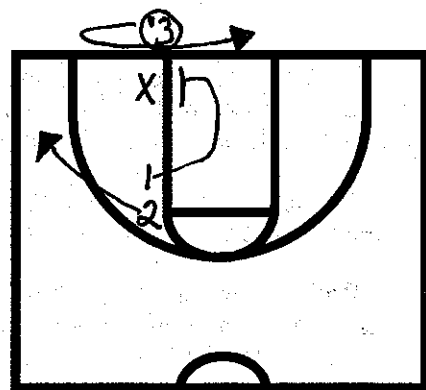


Diagram 5

NANCY FAHEY

Last Second Shots

(Diagram 6) **Visa.** (Remember, this is desperation time). If the game is tied, make sure that 3 throws the ball in the court. If there is no one on the ball, we use this. 1 breaks to the ball. 4 sets a pick for 2. 5 also sets a pick. If no charge is called, 3 can pass to 2 for a shot. 3 can also pass to 4 or 5 breaking up in the middle.

(Diagram 7) **Football.** 2, 3, and 4 break toward the ball but then set a **triple screen** near mid-court. 1 breaks to the basket off the triple screen. 2, 3, and 4 must be defended. They cannot be allowed to catch the ball at mid-court. 5 passes to 1. A nice thing about this pass is that it doesn't have to be accurate.

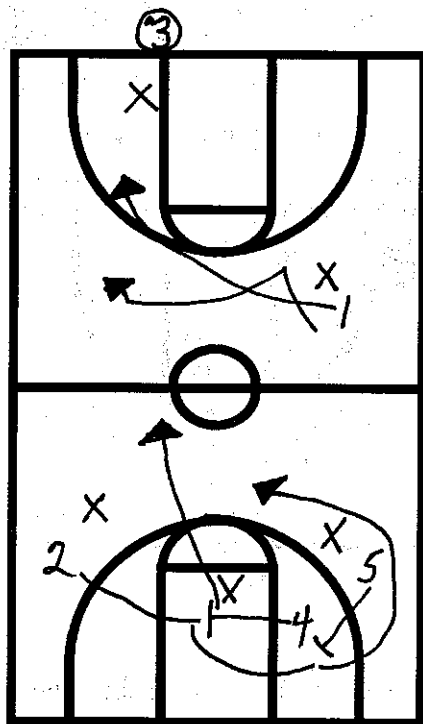


Diagram 6

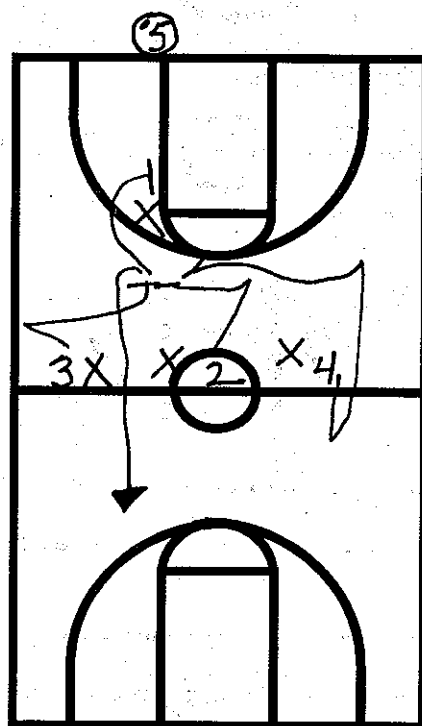


Diagram 7

(Diagram 8) This can be used if you have five or six seconds. 2 sets a fake screen and breaks to mid-court. 5 also breaks to mid-court. Throw the ball to 5 and call time-out if no one else is open.

(Diagram 9) At **half-court**. 3 is the shooter. 4 is the best post with back to basket. 5 is a decoy. 3 screens for 5. 4 screens for 3, so we pick the picker. 3 comes to the ball for the pass and the shot. 4 must turn and roll if 3 isn't open.

(Diagram 10) This can be used against either a **zone** or a **man**. 2 is the shooter. 4 screens for 1 who breaks to the ball. 3 passes to 1 and sets a screen for 2. 1 can pass to 2 or use the screen by 5. This play seals off the entire back side and 5 will roll to the basket.

(Diagram 11) This is for the three-point shot. 5 screens for 3. 3 breaks into the middle and then wraps around 4's screen. 2 passes to 3 or 2 can pass to 5 and then to 3.

(Diagram 12) **Ball at mid-court.** 3 inbounds to 1 and 3 sets low screen for 2. 4 and 5 then set staggered picks for 3 who breaks to the three-point area as 1 attacks the basket. 1 can pass to 3 or 1 can also pass to 2. Another option is that 1 has the entire right side of the floor to drive.

(Diagram 13) **One second remaining.** 1 breaks to the corner. 2 and 4 set a double screen for 5 who breaks for the basket for the lob from 3.

NANCY FAHEY

Last Second Shots

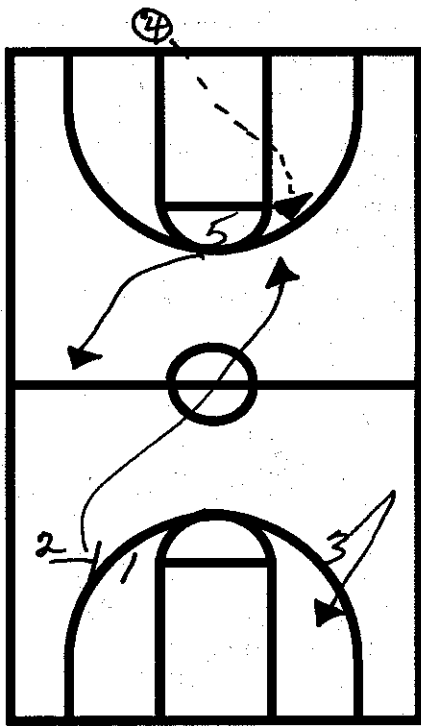


Diagram 8

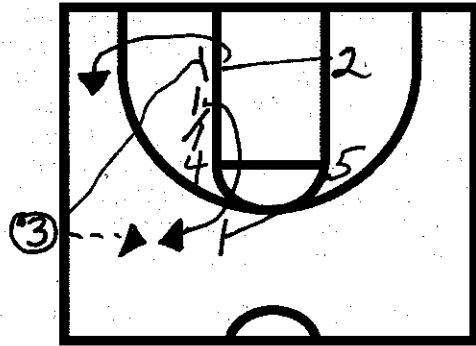


Diagram 10

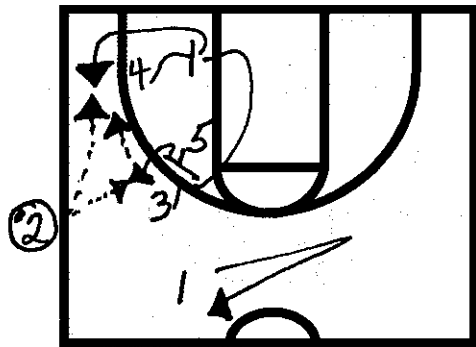


Diagram 11

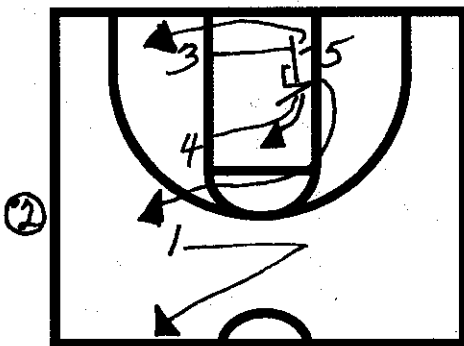


Diagram 9

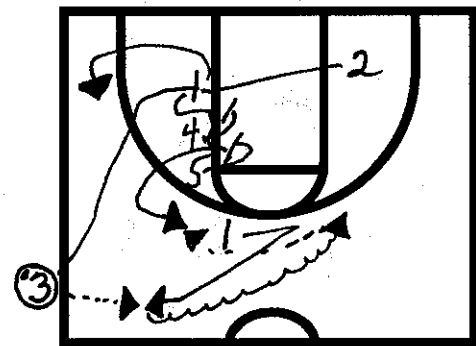


Diagram 12

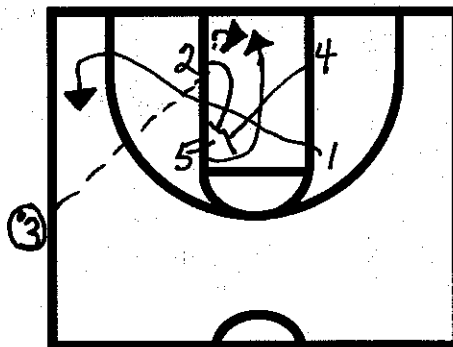


Diagram 13

NANCY FAHEY

Press Attack

Most presses put **two** defensive players on one. That means that somebody is open. The basis of most presses is to try and push the offensive team's panic button. You must convince your kids that you **want to be pressed**. The more you press in practice, the more you get used to it and the easier it is for you to **break a press**. I have 3 take the ball out-of-bounds because my 4 and 5 don't dribble that well. Make sure you don't take the ball out from under the basket. Make your player go to both sides. I don't want them to always go to the right. They must know what five seconds is. You have two options; let the ball bounce and **get set up** or take the ball out **quickly**. I prefer taking the ball out as quickly as possible. Throw the ball as deep as you can. Here is another thing. Many players feel that if they aren't holding the ball or not around the ball, and there is a turnover, then it is not their **responsibility**. Not so.

(Diagram 1) This is the **initial set**. 1 should stay away from the sideline and the endline. We want her to catch the ball near the elbow.

(Diagram 2) If the defense is shading toward 1, don't pass it to 1. Don't pass it to someone with two defenders next to them.

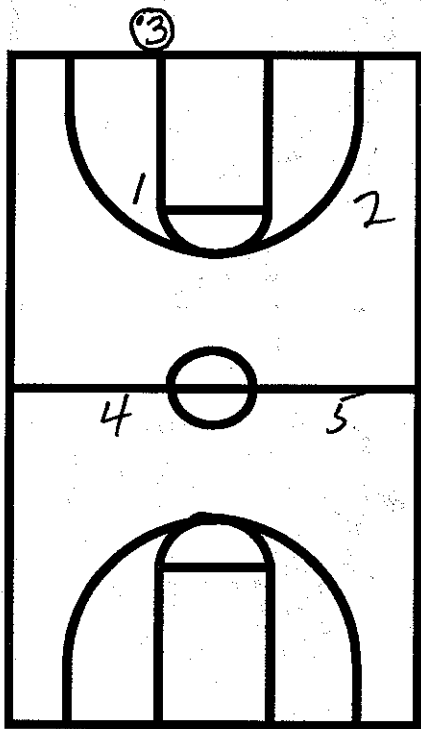


Diagram 1

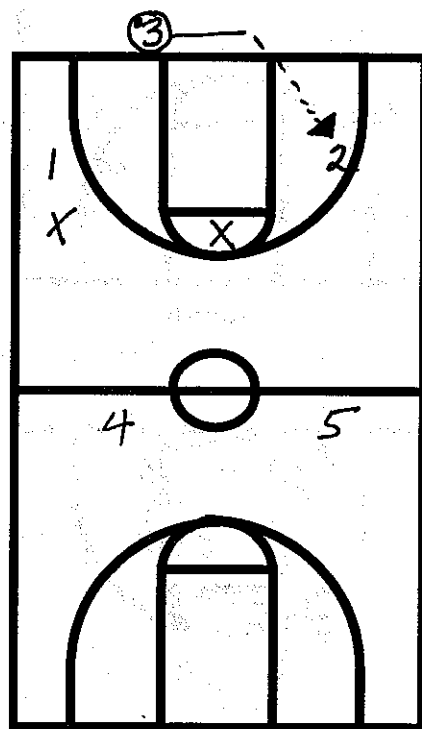


Diagram 2

(Diagram 3) 3 inbounds to 1. If 1 can **split** the trap, go. First square and see the court, then if you see a gap, go. Simple, split it. As soon as you split it, you have the **advantage**. Realize that you have about three dribbles before someone gets you. Pass it and get it back.

Sometimes you have someone so quick that you don't need to do that. If 1 doesn't **shoot the gap**, 4 flashes to the ball. If you inbound quickly, 4 may not have time to get to half-court. She may **loop** into the middle from elsewhere. If 4 doesn't get the ball in one second, she turns and goes. 5 has already gone deep and stays in line with the ball.

(Diagram 4) If the zone is tight, 3 may be able to pass directly to 4. We call this a "**gut cut**." 2 breaks down the sideline and can get the pass from 4. 4 must have her hands up or she won't get the pass.

NANCY FAHEY

Press Attack

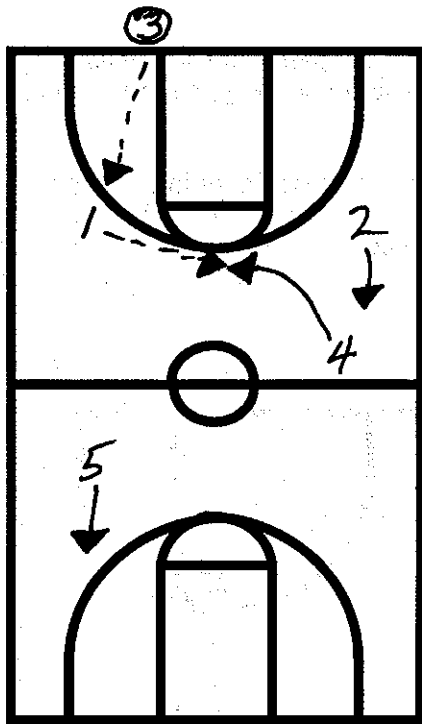


Diagram 3

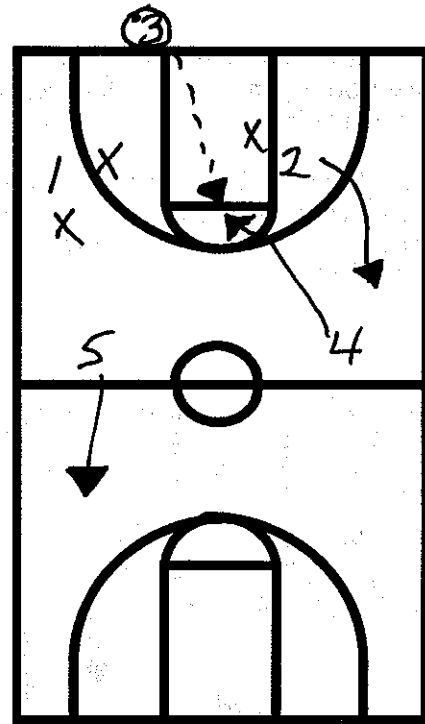


Diagram 4

(Diagram 5) If 4 doesn't get the ball after the **flash cut**, then 2 looks into the middle.

(Diagram 6) After 3 inbounds the ball, she steps in as a safety. 3 should be on the same side of the court as the ball. Keep the proper spacing. 1 can pass to 4, 2, or 3.

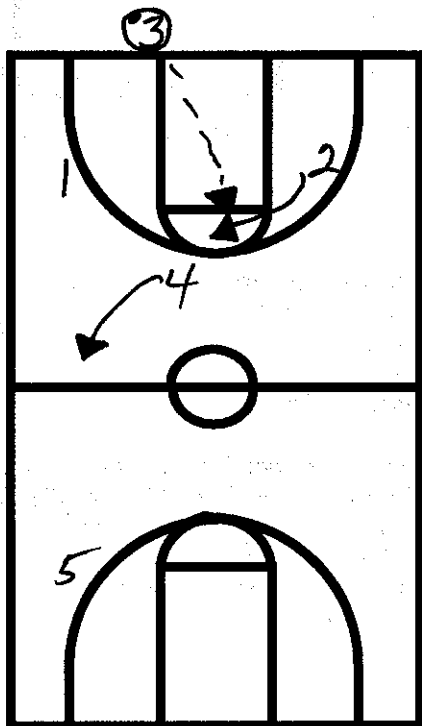


Diagram 5

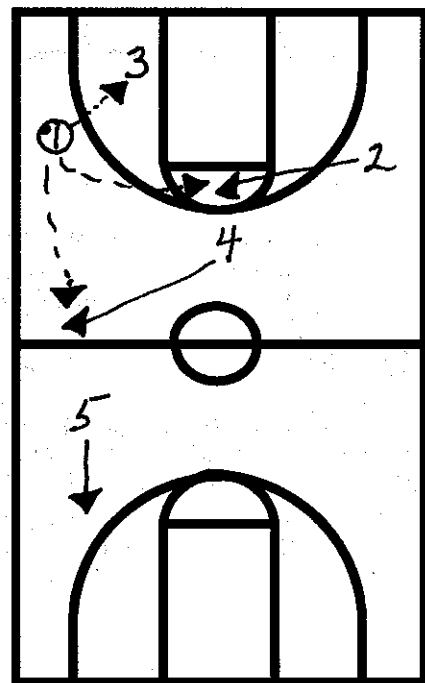


Diagram 6

NANCY FAHEY

Press Attack

(Diagram 7) If the ball goes to 4, 2 breaks down the middle for the pass from 4. I want the ball in the middle of the floor by the time the ball gets to half-court. 5 crosses over and you have 3 on 2. We don't want to reverse the ball unless it is necessary.

(Diagram 8) Suppose that 1 must pass back to 3. This is where I want a dribbler in the 3 position. I want to **attack on reversal**, and to do that you must put the ball on the floor, hard. The defense must now shift and that is when you catch them. 4 takes a couple of steps down court and hooks back into the middle. 2 curls to the sideline.

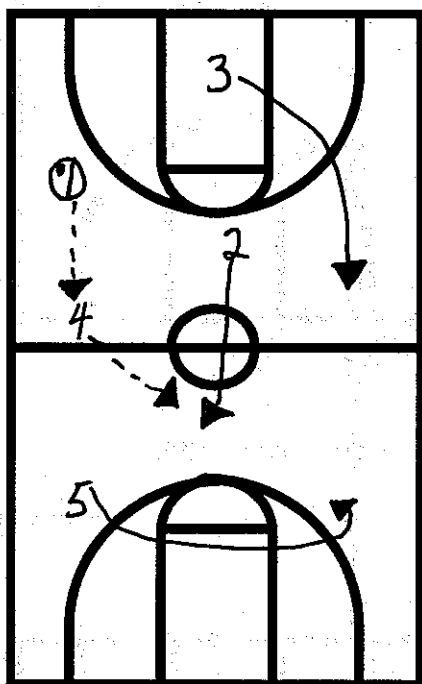


Diagram 7

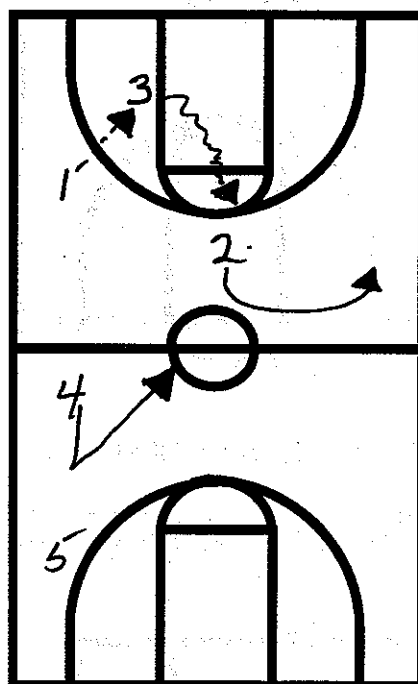


Diagram 8

(Diagram 9) If you find yourself reversing the ball a lot, enter it from the opposite side. We don't bring 1 back. We have been in the back-court long enough. 1 breaks long down the sideline. 3 can pass to 2 or 4, but if a team is shifting hard, 1 is usually open for the long pass over the top.

(Diagram 10) What we get the most is 3 to 1 to 4 to 2 and we have two-on-one.

(Diagram 11) **Against a run and jump.** 1 squares up, yells "clear" and then hold for two seconds. This gives 1 time to see the second player coming. When the run and jump rotation starts, 2 must start away and when her player leaves to double, 2 yells "double" and turns back. 1 does not wait for the trap to form, somebody is open. 1 must have her head up. 2 must come to the ball. Your kids must realize that all players are responsible to get open and if they get trapped, teach them to back out of the dribble. Show them how to get their head through the trap, get the ball low and split the trap with the leg.

NANCY FAHEY

Press Attack

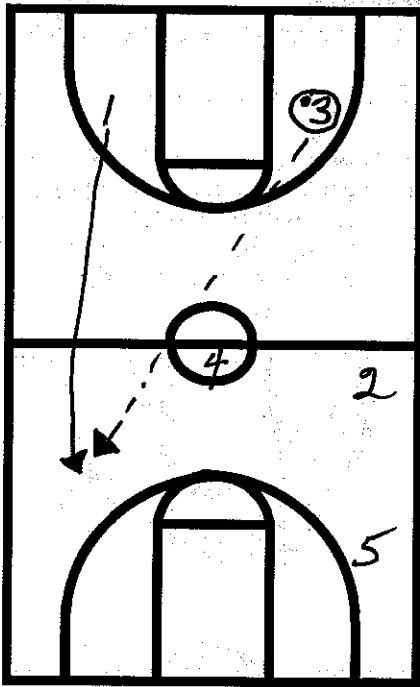


Diagram 9

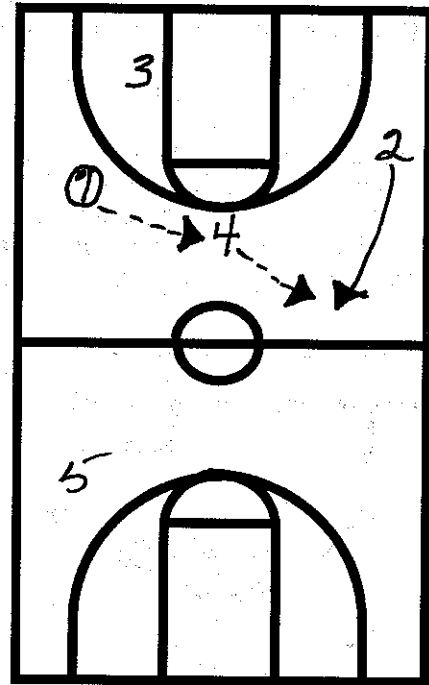


Diagram 10

(Diagram 12) **Half-Court.** We attack this with a 2-1-2. Keep 1 and 2 about 15 feet. 1 has the ball on the dribble and 2 is slightly behind. 1 does not cross the line at mid-court. 1's job is to draw the defense. 4 and 5 see-saw. The player on the side of the ball is up, opposite player is deeper for the possible diagonal pass.. 1 passes to 2, and 2 attacks. Don't wait. 4 comes back, 3 hooks around and 5 drops. If the ball goes to 3 in the middle we have a 3-on-2.

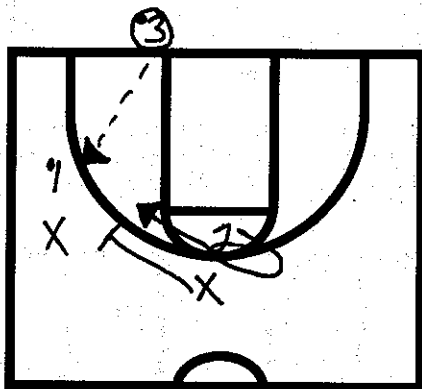


Diagram 11

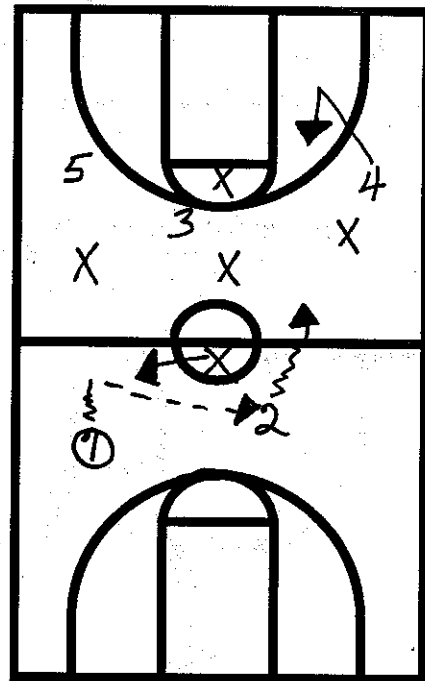


Diagram 12

NANCY FAHEY

Press Attack

(Diagram 13) Suppose 1 attacks on the dribble and then passes to 4. Make sure that 4 takes at least two dribbles. Don't let her stand or she will be trapped. 5 crosses low, 3 goes to the elbow, 2 fades deep.

(Diagram 14) Reverse the ball because 1 and 2 are open. 5 will backscreen for 4 who will break low.

(Diagram 15) Let's talk some defense. I'm a player-to-player coach, but sometimes you need a zone down the stretch. Every time we have a fist, we are trapping. An eleven fist is a player-to-player defense. Many offenses start with a pass from the point to the wing and the point will screen away. With an eleven fist, we will trap the first pass to the wing with the point and the wing. We must front the post on that side. The other defensive wing must come to the middle and take away a short pass to the middle.

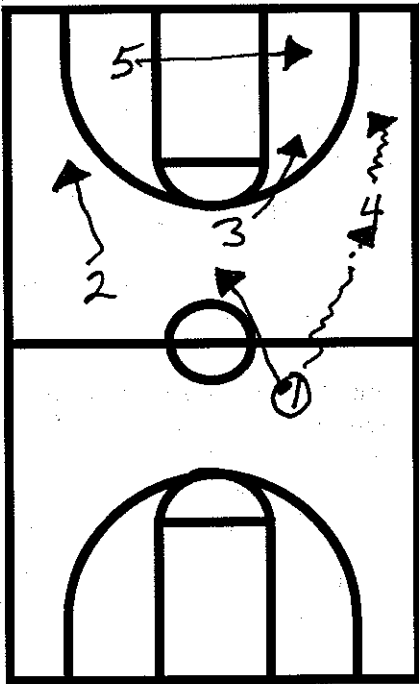


Diagram 13

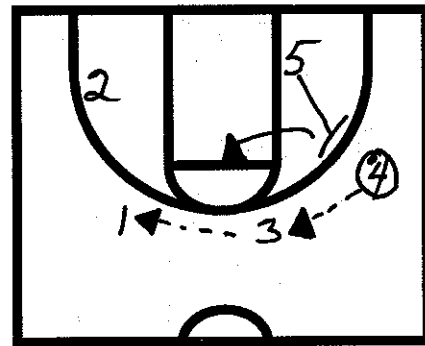


Diagram 14

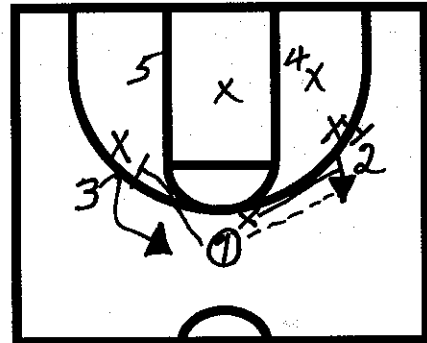


Diagram 15

(Diagram 16) The two fist is a zone trap. We set up in a 1-1-3, but we act as if we are in a player-to-player defense. We want them to pass it to the wing. Teach your players to circle into the trap, don't run right at them. X2 and X4 set the trap and X1 drops back into the middle. X5 fronts, X3 is the centerfielder.

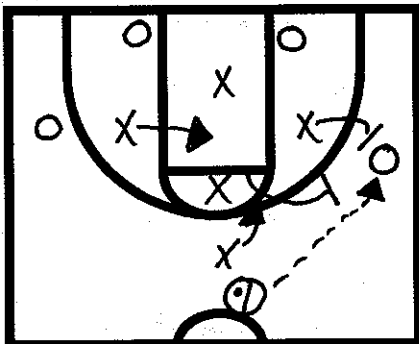


Diagram 16

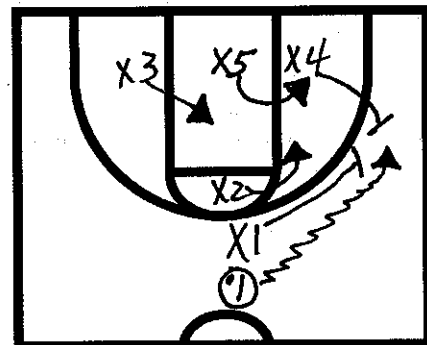


Diagram 17

NANCY FAHEY

Press Attack

(Diagram 17) If the guard dribbles into the offense, X1 stays with her and X2 stays. The rest of the duties are the same. X4 must decide when to set the trap.

(Diagram 18) **Shooting Drills.** 3 players, 1 ball. 1 shoots, 2 rebounds and passes out to 3. 1 is the next rebounder. After 2 makes the pass, she circles out to receive the pass from 1. After 3 shoots, she rebounds and will pass to 1. There is **constant movement**.

(Diagram 19) This is a different ending to the three-person weave. Assume that 1 gets the layup after receiving a pass from 3. 2 then crosses over and gets a pass from 4 for a shot. 5 passes to 3 who has crossed to the right. 2 and 3 rebound their own shots and step out of bounds to make the next pass.

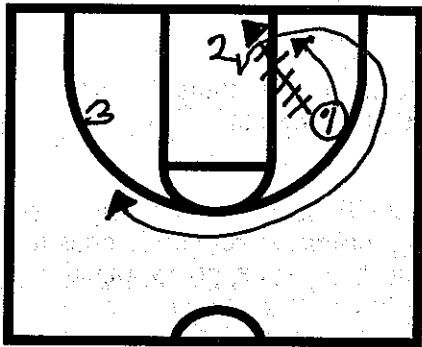


Diagram 18

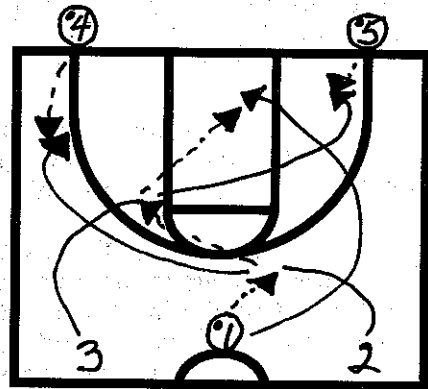


Diagram 19

(Diagram 20) **A rebounding drill.** This is the **Two-Bounce Drill**. The defensive players rotate around in a circle. When the shot is taken, the ball must hit the floor **twice** before it can be rebounded. That will make people **box out** for a long period of time. Another variation is that there are two coaches who are passing the ball back and forth and the defensive players must adjust to **ballside** and **helpside** as the ball is passed between coaches.

(Diagram 21) **A rebounding drill.** X passes to O and O shoots. X boxes out and gets the defensive rebound. If she does get the defensive rebound, she goes to the shooting line and the shooter goes to the rebound line. If O gets her own rebound, then X stays in as the rebounder. Someone must be there to call fouls as this gets rough.

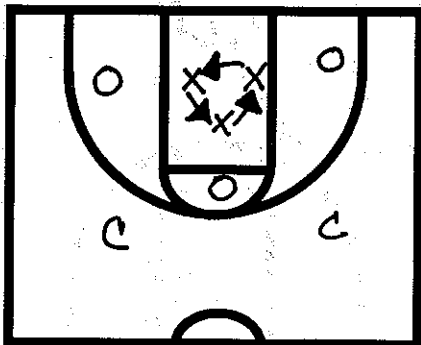


Diagram 20

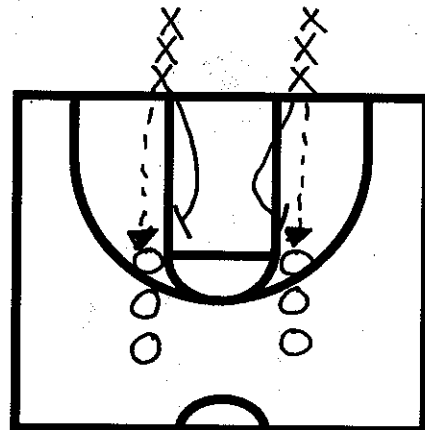


Diagram 21