



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

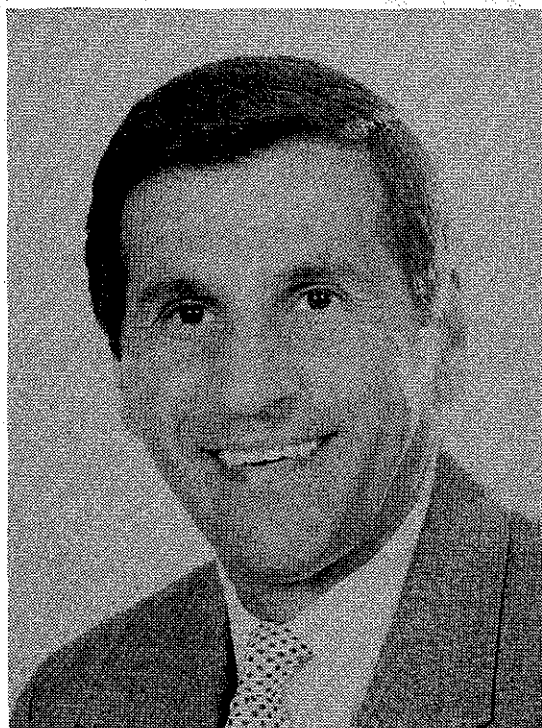
JIM HARRICK

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

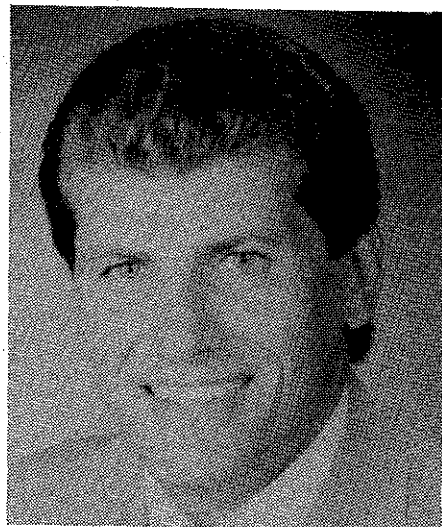
GENO AURIEMMA

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.

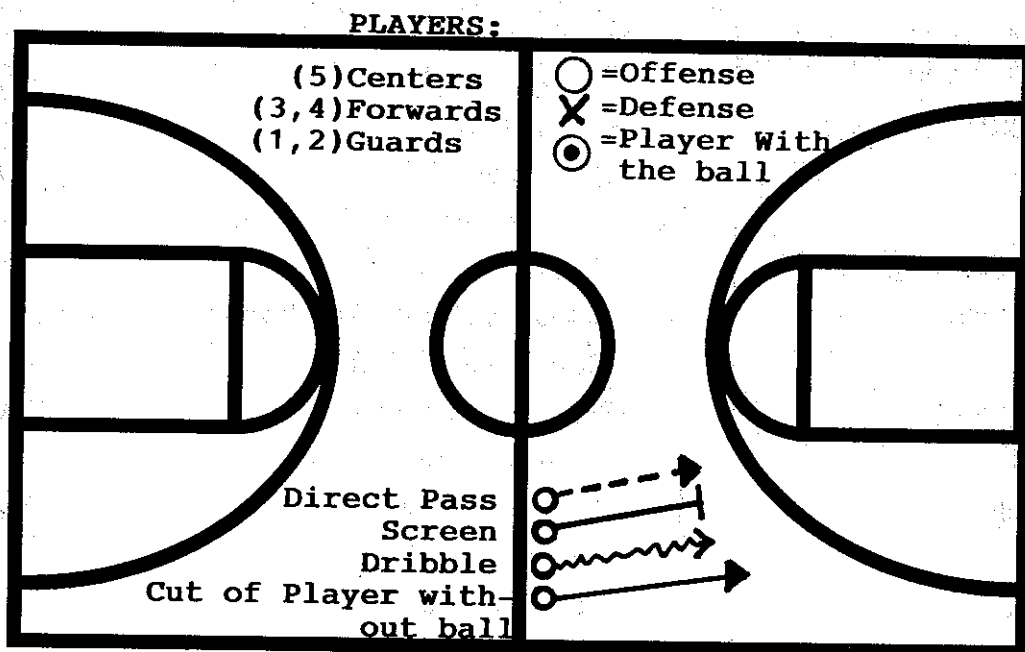
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DIAGRAM LEGEND



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

TIM FLOYD

Playing Without Size

The things I am going to cover are things that I believe in. I thought that I would cover a situation we have all been caught in, a team without size. At New Orleans we had the smallest team in the country. My tallest player was 6'4." So my topic today is "Playing Without Size." Here are four things you can't get too far away from if you are playing without size. These are critical and you must do them well.

1. **Defensive transition is critical.** Why? Because if you don't have size, you are probably not going to be a great rebounding team. So, you cannot allow any **cheap baskets** on transition in addition to the cheap baskets that you might give up on the offensive board.
2. **Half-court defense.** This is huge.
3. **Rebounding.** The approach and emphasis on rebounding is critical.
4. **Offensive philosophy.** You must have something in it about getting to the free throw line.
5. **Defensive transition.** When you are playing with a small team, you must **overstate** it and go **over-board** just a little bit.

(Diagram 1) We open each day at practice with a drill that we call 5-on-2. I think this is the best thing we do in our program. We don't give up **cheap baskets**. This is a little different. If you have a small team, it is imperative that you send two players back.

In a college game, 30% to 40% of the baskets are coming in **transition**. This is roughly ten per game. If you are sending four players to the offensive boards, how many **offensive rebounds** does that #2 guard get? The leading rebounder in college ball the year before (at the guard spot) averaged six per game. Figure that 50% of those were at the offensive end, so he gets three per game, and that's the best in the country. It's not worth it. That's getting two rebounds and giving up ten **transition baskets**. With the three-pointer involved in the transition, it is imperative to stop it. With two players back, I am going to give up those three offensive boards, but I am not going to give up that transition basket. We want to make the opponent walk the ball up the floor. Back to the 5-on-2 drill. We do this first every day. We build it up to 5/3 to 5/4 to 5/5.

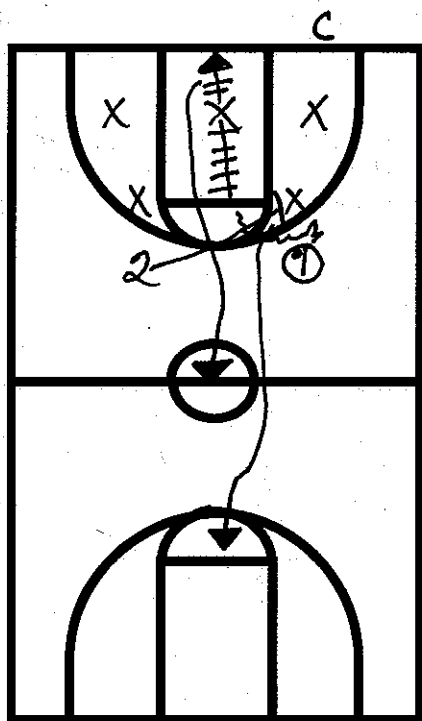


Diagram 1

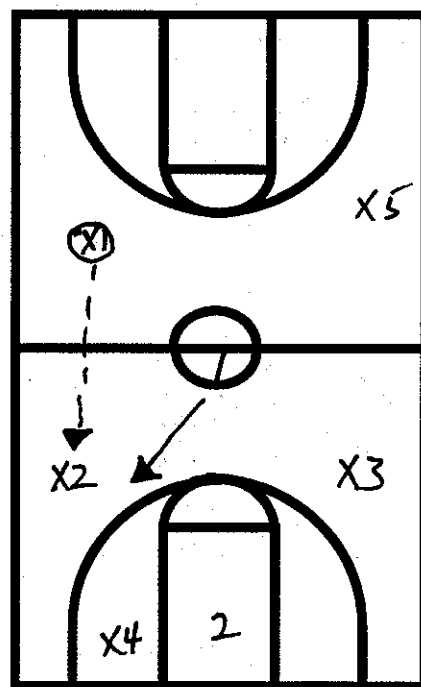


Diagram 2

TIM FLOYD

Playing Without Size

The **defensive transition** game is the most underrated part of the game. As coaches, we want to put too much emphasis on our half-court offense and half-court defense, but 90% of the game is **conversion**. This means getting to the **offensive** end of the floor without **turning it over** and getting to the **defensive** end of the floor without giving up the cheap basket. That is the game. We always send our two guards back. You will never see our off-guard rebounding. If our scouting report shows that we need to send three people back, we will do so.

1 and 2 are on offense. 2 screens for 1 who comes off the screen and takes the shot. There is a coach under the basket talking to the three deep defensive players about moving with the ball. This also allows us to work on screening. We go over the top of every screen. We do not designate 1 or 2 to go to a certain area. Our rule is that the player closest to the hole is going back to defend the hole first. In this case it is 2. After 1 shoots, he comes back to control the ten-second line area.

The most important area is **under the basket**, the second most important is the **mid-court area**. Many coaches send the second man to the top of the key. I don't believe in that. When they get to the top of the key it is too late.

(Diagram 2) I want 1 to have **one foot up**. The hardest thing to guard is **dribble penetration** and you can't do it with a parallel stance. You must have one foot up. If I want to force him to my left, then my right foot is up. X1 passes ahead to X2. 1 has a decision to make. He asks himself: "**Can I get to the pass quicker than I can get to the hole?**" If he can, he takes a line ahead of the man to contain him. He sprints. 2 never leaves the basket unless 1 calls him out.

(Diagram 3) Suppose that the first pass goes all the way to the baseline. 1 decides he can't get there quicker than to the hole. 1 sprints to the hole. 2 will not leave until 1 is in the paint. The offense is not getting anything 5' from the basket.

(Diagram 4) Now we add a **third offensive player**. Now it is 5-on-3. The coach under the basket is emphasizing movement and rebounding. 2 screens, 1 uses screen and shoots. 3 is an offensive rebounder. If 3 does not get the rebound, **react**. 2 protects the basket, 1 at mid-court, 3 is in the paint. I want to protect the basket first, and the perimeter second.

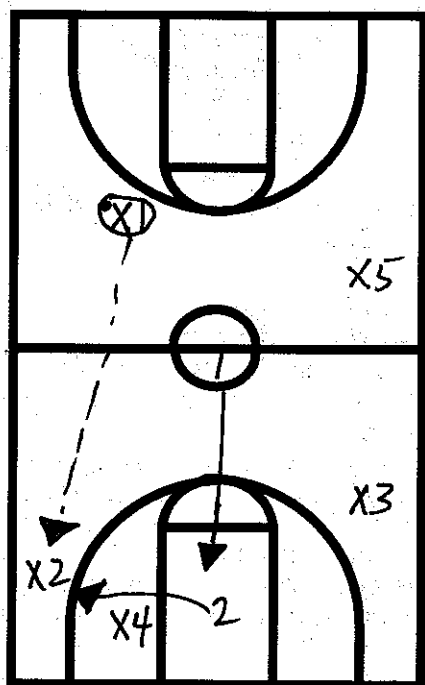


Diagram 3

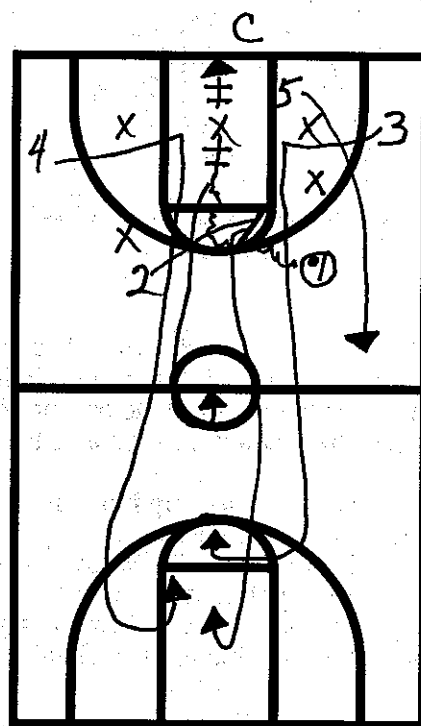


Diagram 4

TIM FLOYD

Playing Without Size

(Diagram 5) Now it is 5-on-4. Both 3 and 4 rebound first. If they don't get the rebound, they sprint back. 1 is at mid-court, 2 is under the basket, and both 3 and 4 are in the paint. 2 knows that when 3 or 4 get into the paint that 2 can go find his man. We call this our **defensive fast break**. I am going to play two guards who can get back. That is first.

The next thing you must decide is what **type of defense** are you going to play, man or zone. We played man. In college, there has only been one team that has won a national championship playing zone and that was Michigan State in 1979 with Magic Johnson. What do you do about the person posting up? The heck with that. Let's **help and recover**, put pressure on that ball, guard penetration better than anyone, get on top of the post, front it, get help from the back side and put **pressure on the ball**. Look at your stats. Whoever gets the most shots in the paint wins. The team that shoots the most free throws wins. 83% of the college games won several years ago were won by the team that shot the most free throws. How do you shoot free throws? You don't get them shooting 3's. You get them by shooting in the paint.

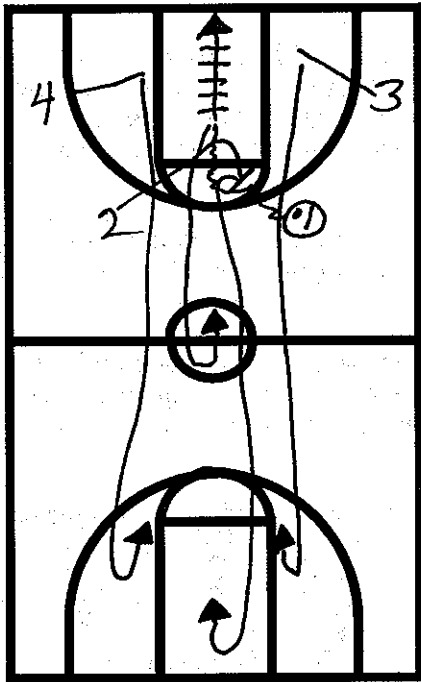


Diagram 5

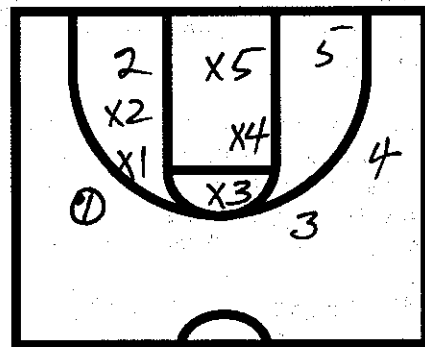


Diagram 6

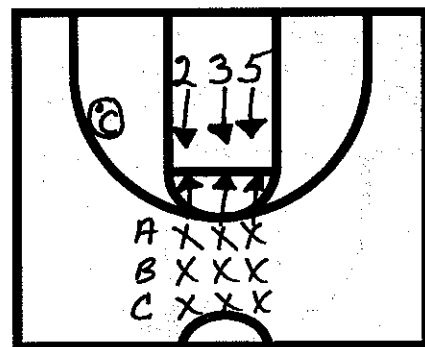


Diagram 7

(Diagram 6) If 1 has the ball, we will have X1 putting **great pressure** on the ball. We will sag X3, 4, and 5 back and into the lane. We will run **shell drills** over and over and over. Where do you force the ball? Do you force it to the middle or to the baseline? We **forced middle**, but I changed and then I forced baseline. Now I say, **stay between your man and the basket**. If you can't do that, you can come over and sit by me.

This is about **effort and playing hard** in good position. We have simplified our defensive drills. We don't worry about not crossing the feet, tracing the ball, etc. We want to get to the foul line and we don't want to foul. So, how do you not foul? We are in the **defensive stance** on the balls of the feet with the hands down and inside with the palms up. I don't want any reaching, grabbing and fouling. I tell my two guards coming down the floor on transition to say "**hands off, hands off.**" You are not only talking to your teammates, you are talking to the officials. You are telling them that you have been taught not to foul.

Last year we made more free throws than our opponents attempted. You must get to that free throw line and keep the other team off of it. Back to the stance. We are not worried about not crossing our feet. We

TIM FLOYD

Playing Without Size

have **one foot up, one back**. We have our guys **shadow box**. This keeps them on the balls of their feet. When they must move any distance, they don't slide. They turn and sprint and cut off the man and turn him in the other direction. We start with 1-on-1, then 2-on-2. We move with the ball either with the **dribble** or the **pass**. Then it is 3-on-3. We guard the **weave**, the **dribble**, the **pass** and **screen away**. Everything we do half-court we do full-court. I don't want to give up shots in the paint, and we want to get shots in the paint. I've always felt like short players can guard tall players but tall players can't guard short players.

The third phase is **rebounding**. This is the part that scares all coaches who are playing with short people. Ninety percent of all the rebounds in college ball are gotten below the rim so we should be able to get them with short guys. What is rebounding? It is two things. **Rebounding is "want to" and "anticipation."** Don't make it complicated. As a coach I must emphasize rebounding so the players emphasize it.

We put small rims on the basket. We still work on shooting form and we make them shoot it the same way as if we didn't have the rims on the baskets. We did a lot of drills and we scrimmaged with these on the rims. How did we keep score? You got two points for an offensive board, one point for a defensive board, minus one for a turnover, and minus one for a foul. The game became a war. To score, you had to rebound. I've always believed that most games aren't won, they are lost due to turnover, fouls, and/or you give up an offensive board. This also helps the confidence shooting wise. Take off the small rims and that basket looks like a bathtub. I really believe that we shot better because of the small rims. Now, how do you create "**want to?**" How do you teach blocking out? I want my players to put their lead foot between the legs of the offensive man and stand him up. This neutralizes him. I make contact, release and go to the basket.

(Diagram 7) 3/3 Rebounding. The coach shoots the ball. Players are in groups of three. The offensive group starts at the three-point line. The defensive trio stays until they get **three consecutive rebounds**. We do this quickly. the defensive team must **communicate** who they have. No out-of-bounds. Play the ball anywhere. The drill is not over until the outlet pass has been successfully completed to the coach. Unless it is a **two-handed** rebound, it doesn't count. So, block, two-handed rebound, and the outlet pass. This must be done three times in a row. This might take fifteen minutes. The manager keeps score and the best team doesn't run.

We have a "**Belief System**" for every phase of the game. We take our water break during practice in the locker room. We are practicing half time. We want to press the first three minutes of the second half. I want them to believe in something. We are to be the aggressor to start the second half. If you are going to shoot threes, how are you going to shoot them? I want to shoot some so that your big players have to come out and guard my small players so we can beat you with **dribble penetration**. But remember, you must still figure a way to get the ball **inside** the paint.

(Diagram 8) We end practice every day with this drill. We have two managers, each with an extra ball. We call this "**The Man**" drill. In this drill there is no picking, no dribbling, no shooting for ninety seconds. 1 starts with a ball. This is a great conditioning drill. The other four players must move to get open. I want fifteen to twenty foot **straight line cuts** in any direction. Keep score. Who gets it the most? You will find out more about your team with this drill than any other thing that you can do.

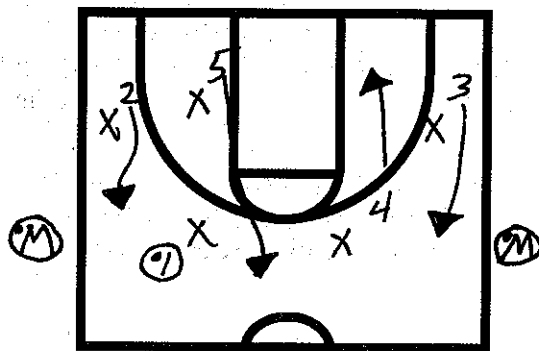


Diagram 8