



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

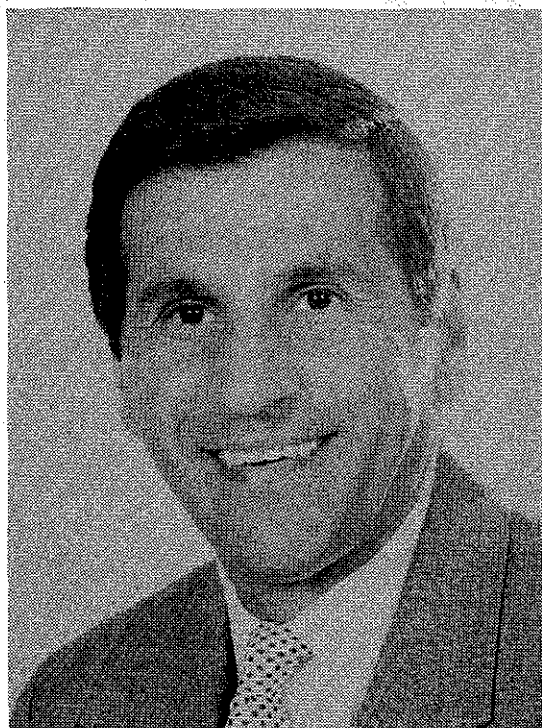
JIM HARRICK

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

USA COACHES CLINICS

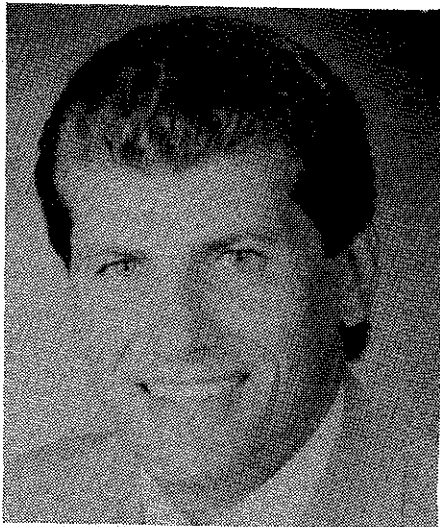
GENO AURIEMMA

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.

A handwritten signature in cursive that reads "Billy Packer".

BILLY PACKER
Chairman

A handwritten signature in cursive that reads "Hubie".

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.

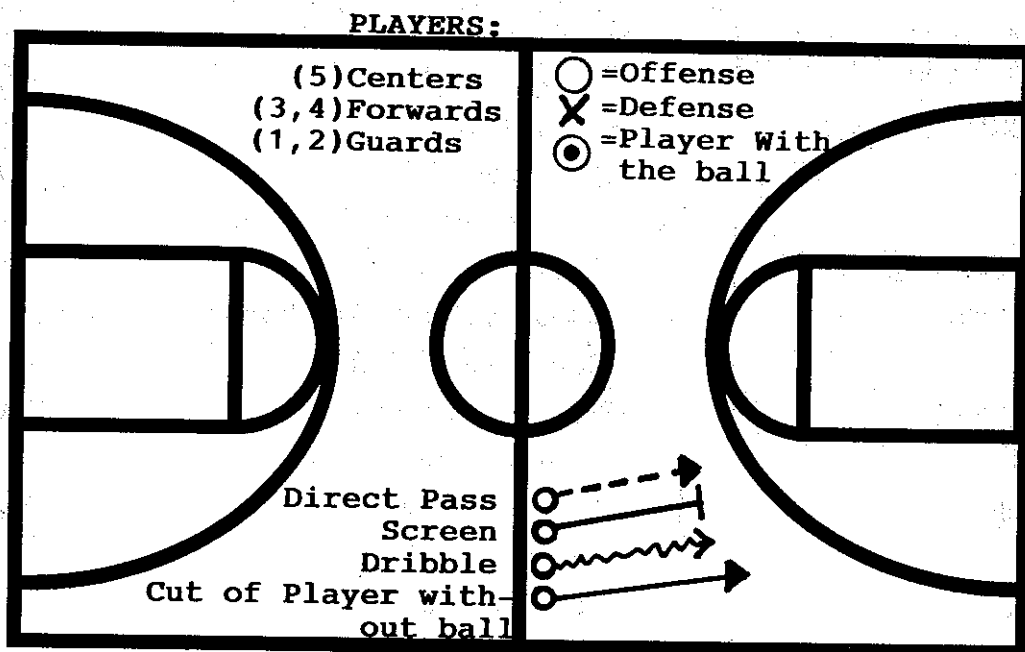
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DIAGRAM LEGEND



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

PETE GAUDET

Big Man Post Play

You cannot develop the potential of a post player unless your staff and perimeter players buy into the fact that they are integral to your offense.

1. Sell your staff on the post play.
2. Sell your posts on the post play.
3. Sell your guards on the post play.

It's vital to have patience while teaching the game. Teaching post moves is not the first thing you teach a post. Philosophy at Duke: Getting open in the paint, not necessarily on the block. Pin the defense as soon as possible when open in the paint.

We also try to do something at Duke University that makes it easy for us to teach post play to our players and easy for them to relate to the concepts we're teaching. We use words beginning with "R" to do this.

Responsibility of Post Players Starting with "R"

Run the court -- We like to **fast break**. We want to get our big men out and running so we can create mismatches.

Rebound -- This is a big man's **ticket** into the game. He might be young and inexperienced, but if he can get us some rebounds he'll play.

Rooting out -- This refers to **post up** both offensively and defensively. We want legs bent, hands up, a solid center of gravity. Players don't like to mess with other player's elbows so we tell our post people to get their hands up and elbows out.

Reject -- Post players must learn to protect the basket. We allow no uncontested lay-ups. - Post players must learn to **rotate** defensively inside and recover. This demands that they be agile.

Relocation -- This is simply a **post-perimeter** play in which they play catch with each other. Bird and Parish were very good at this when they played together with the Celtics.

(Diagram 1) When the defensive post is playing behind our post player, we want to get the ball into the post because we feel this is an ideal situation for relocation.

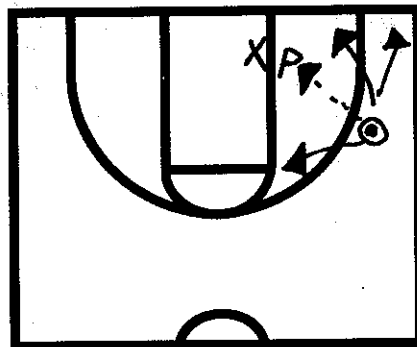


Diagram 1

PETE GAUDET

Big Man Post Play

If you don't spend time educating your perimeter players on the theory of post play and post feeds (passing angle, proper entries, etc.) you are never going to have good post play. Perimeter players must be **involved** in post play.

Things we believe must be taught to the perimeter players are:

- 1) **"Work on the Pass"** Most guards have a narrow window they use to get the ball into the post. They limit the area they have to get the ball inside so they miss the open post. To increase this **"window,"** we stress to our guards that they use the **fake and pivot** to increase their **"passing window."**
- 2) **"Entries to the Post"** (Diagram 2) We want our perimeter players to work **below** the foul line extended and five feet above the baseline in order to get the ball into the post. This gives our perimeter people a lot of room to make a basket cut or a relocation move after passing inside. Passing into the post **above** the foul line limits the moves a perimeter player can make to the basket.

Some drills we use to teach these different principles of post play and perimeter passing are:

(Diagram 3) **Two-Ball Post Pick-up:** We put a ball on each block and have the post player standing in the middle of the lane and face the basket. On the set signal he **slides** to the ball on his right, picks it up, **"knifes"** to the basket (square shoulders to glass, inside elbow up, and power up to basket, laying it off the glass). He then slides to the opposite box and does the same thing. We have a player do this for 45 seconds. Sometimes we use football hand dummies in this drill to get use to physical contact.

(Diagram 4) **Basic Post-Perimeter Drill:** This is a great **aerobic** conditioner. It involves six players (three post players and three perimeter players). It is **continuous action**. It starts with P1 throwing the ball off the backboard, rebounding it, and passing out to G1. G1 dribbles down the sideline to the area just below the free throw line extended. P1 sprints down the court and attempts to **"root out"** his position against P2. When running this drill, don't let your players become block conscious. We talk to our players about getting a **"piece of the paint."** This means we want one foot, preferably two, in the paint. As P1 is coming down, P2 determines or is instructed by a coach, what defense he will play (front, deny low, deny high, etc.). G2, who is on the other side of the court, comes across to the ball to work on ball reversal and the post working to get the angle for a pass on the ball reversal from G1 to G2.

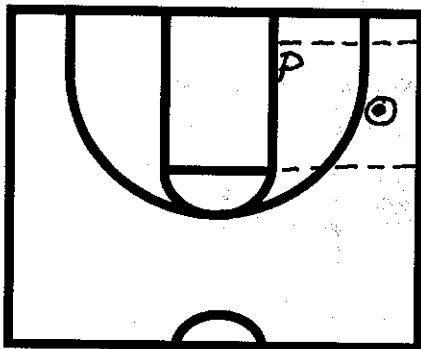


Diagram 2

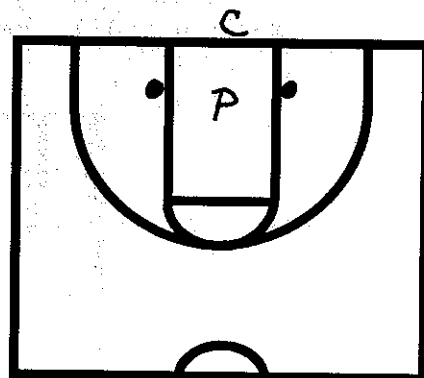


Diagram 3

PETE GAUDET

Big Man Post Play

(Diagram 5) After P1 shoots, P2 rebounds the shot and outlets to G2 who has come across to the outlet area. Now G2 and P2 go to the opposite end and works against P3. G3 is already at the offensive end waiting to work with G2 on ball reversal and a pass into the post. Post players rotate from offense to defense to rest.

We like to use this drill because it is stressing **live post feeds** and **live post moves**. We chart many things during a game, but we specifically chart who is making passes into the post. This drill help gets the perimeter players into a frame of mind of looking into the post.

(Diagram 6) 3-Man Post Defensive Drill: This is a drill we run to make our post players relate to the concept of "reject." P1 is under the basket with his hands up and down low in a good defensive stance. The coach, who is out of bounds under the basket, makes a pass out to either P2 or P3. When one of the two offensive post players receives the ball they attack the basket. P1 must find the ball and force him (P3) to pick up the ball. When this occurs, P1 must get into the passing lane with his hands active and stop any pass from P3 to P2. P1 might also make a total commitment to drawing the charge. The defensive post player goes three times and then we rotate the positions.

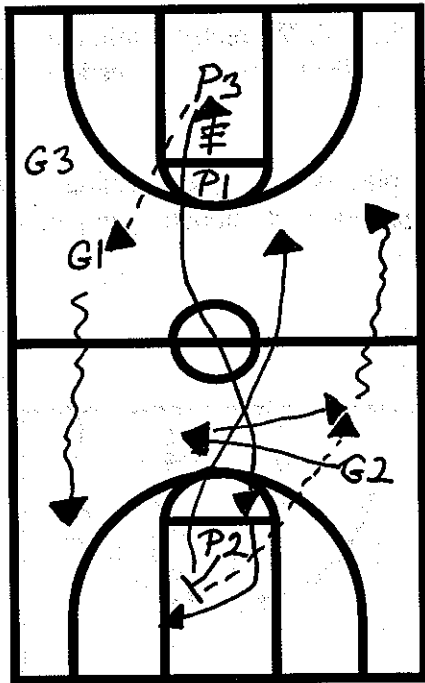


Diagram 4

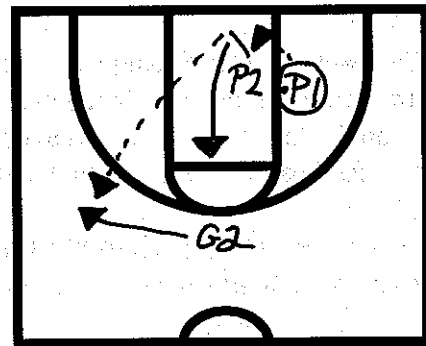


Diagram 5

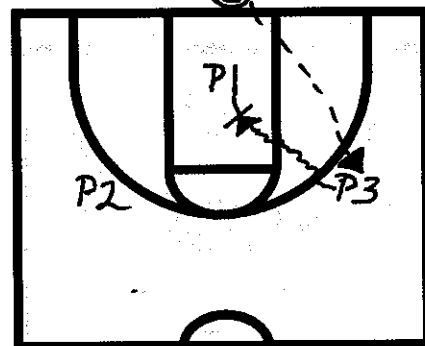


Diagram 6

PETE GAUDET

Big Man Post Play

Before we go on, let me emphasize that by running the court with your post players you will occasionally "steal a basket." Your post players will beat the opponent's post player down court and get an easy basket. Against UNLV in the 1990 NCAA semifinal game one of our points of emphasis was stopping the Rebels fast break by never relaxing and assuming that the fast break was stopped. Too many teams think they have a break stopped and lets the opponent's big man run by, catch the ball, and dunk on them.

In rebounding we don't do many specific drills. We stress rebounding in all our drills. We stress mostly getting our hands up. Eric Meek is a good example of this. He never developed into the complete player we thought he could be by improving his free throw shooting. He went to Portsmouth for the NBA tryout camp and was named the MVP. He did this because of his toughness and rebounding not his shooting. Because of his ability to rebound he has raised his stock in the NBA draft.

(Diagram 7) 2-on-1 Rebounding: This is our favorite drill for teaching **rebounding**. We use this especially when we haven't done a good job of rebounding in a game. We put three players in the lane and a coach, manager, or other player at the foul line. The person at the foul line has a ball and takes a shot. Whether the shot goes in or is missed, the three players in the lane are to rebound the ball. The player getting the rebound is to put it back up and in. The other players are to stop this from happening. We allow minor fouls and some body contact. A player must get three rebounds in a row and score in order to get out of the drill. Any ball going out of the lane is returned to the person at the foul line immediately.

When we are teaching **motion** and stressing "rooting out" to our post players, we want our players to work on getting into the low post on the ballside, sit, and ask for the ball. We really would like to get a lob into our post on the low post. We stress to our perimeter players that the lob should be made to the corner of the glass so the post can catch the ball and **power** it right up.

(Diagram 8) We don't like block-to-block screening by our post players. We prefer bringing our weakside post to the foul line, catching the ball, look to dump down to the ballside post, shoot the jumper, or pass and relocate.

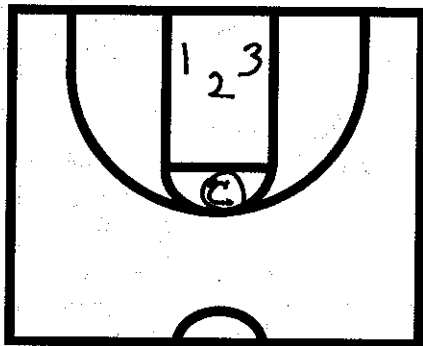


Diagram 7

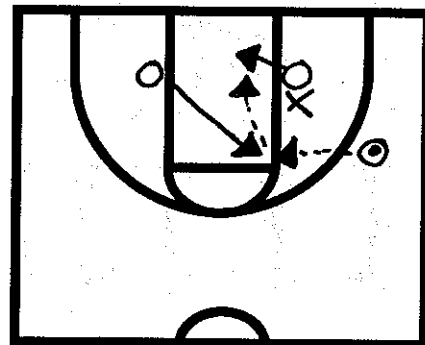


Diagram 8

PETE GAUDET

Big Man Post Play

(Diagram 9) If we screen at all with our posts, we like **high/low** post screening after the flash from the weakside post.

(Diagram 10) Drop-Step Drill: We use this drill to teach our low post the options available when receiving a pass from the high post flash. This is a two-ball drill. The coach starts the drill by throwing the ball to either side of the post standing in the middle of the lane. The player takes the pass, drop-steps to the side of the pass, and shoots the baby hook or makes a power move. After five drop-steps, the coach yells "shot" the post now pivots to the board, the coach shoots to miss, the post gets the ball and puts it back up and in. The coach can now go back to the drop-step move and then yells "pivot." This tells the post that the coach is going to shoot the ball a little harder and that he should move out a little more to get the rebound.

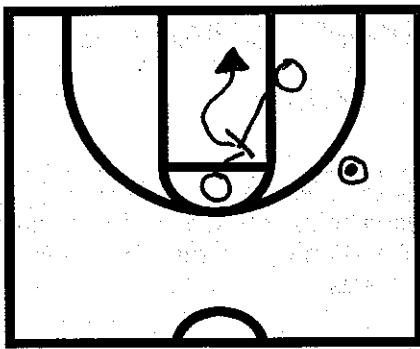


Diagram 9

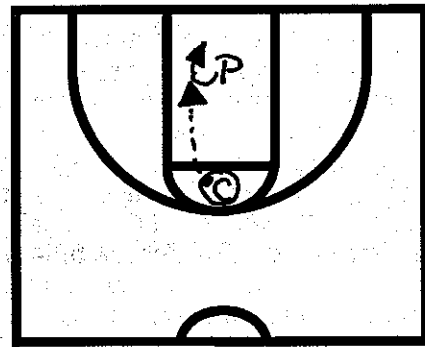


Diagram 10

(Diagram 11) The coach can then dribble down the lane toward the low post. The post should move up the lane, look for a pass back from the coach, catch and shoot.

(Diagram 12) The coach can then yell "release" and the post moves out of the low post toward the corner. The coach makes a pass to the post who should catch and shoot the baseline jumper.

These are only a few of the many drills we use at Duke. In our practices, we go into great detail how we present our system to the young men in our program. I would strongly encourage you to develop a system, either by word recognition, sight recognition, etc., that will help your post players visualize what you want them to accomplish.

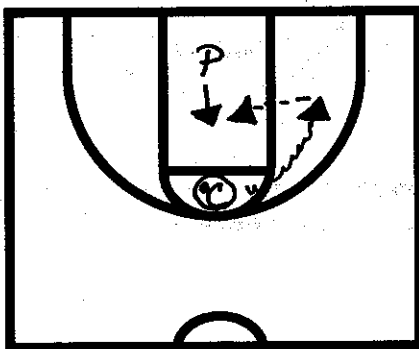


Diagram 11

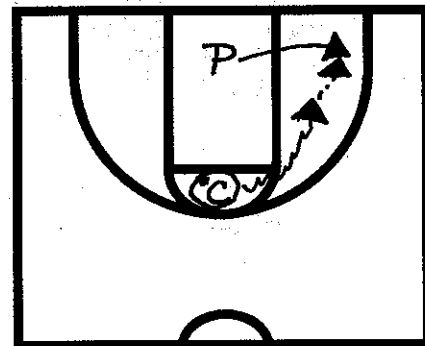


Diagram 12