



# 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

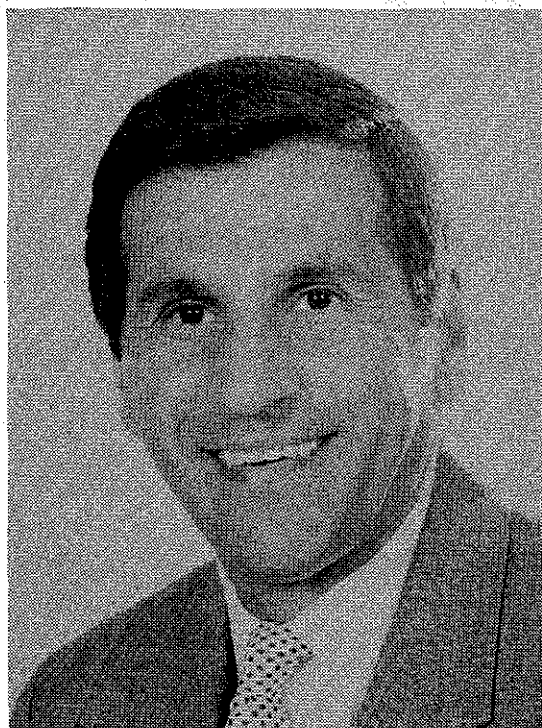
## JIM HARRICK

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

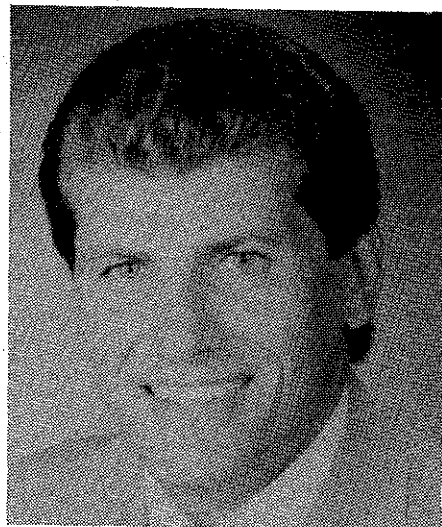
**GENO AURIEMMA**

**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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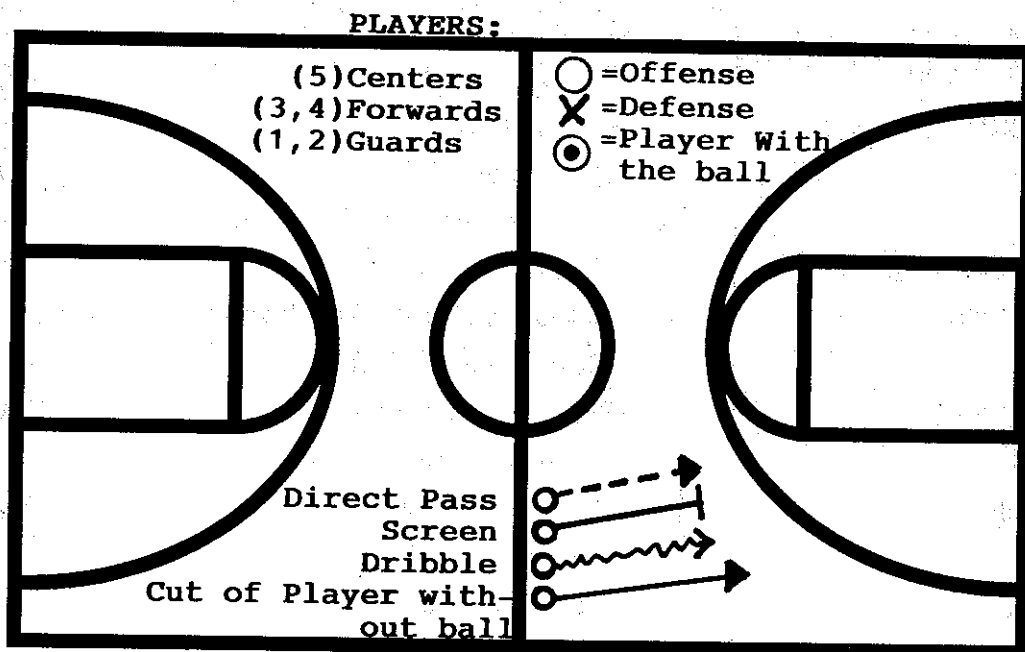
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## DIAGRAM LEGEND



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

# JANE ALBRIGHT - DIETERLE

## First Things First

I am going to talk to you about three things today. The first one is **Create a Vision**. You must be able to create a vision for the kid. You are their leader. When the game is tied late in the game, you are the one that they are going to look to. If I can give any coach advice, I would tell them to always keep that vision in your mind. Because your team is going to lose it. They won't be sure in their minds, but you must always stay focused on what that vision is. You must remind them of what the vision is, what they want to do and who they want to be. There is a true story about a statue of Ceres, the Goddess of Grain, on top of the Board of Trade Building in Chicago. It is a 45 story building. There is no face on the statue because when it was erected, it was the tallest building and no one would ever be high enough to see that statue. Now, you look down on that faceless statue from the Sears Tower, a 102 story building. So, you must have a vision. One of the first things we did at Wisconsin was to take the team out on a **trust building** course. That seemed to really work. The main thing is to figure out what your vision is and then keep focused on it. Sometimes you must be the person who says, "this is what I want." After ten games, we had a meeting and our goals got higher.

The second thing is that you must **develop a plan**. With my team I had to set some priorities. That might be what you want to do right now. You should evaluate your program, your relationship with your players, conditioning, community relations, etc. Coaching is not all X's and O's.

The third thing is that you must **celebrate** little victories along the way. I told my kids after we lost in the NCAA Tournament the journey that got you here was the important part, not the destination. As coaches, we all have a different definition of what a victory is. I don't think that it is a won/loss thing. At the end of the year I call in the seniors and ask what was the most rewarding thing that happened to them during the season. Many times it has nothing to do with the basketball.

I have a lot of **repetition** in my practices. We warm up, go to offense, then defense and then special situations. I seldom practice longer than two hours, and by the end of the year we are down to about 45 minutes. When my players come in, we spend time stretching and while they are stretching, I will talk with them. This takes about 10 to 12 minutes. Sometimes it gets a little silly. When they are ready individually, they come to me and check in. I have a quotation on a sheet of paper where each person signs in. On that sheet I have the aims on which I will concentrate. Their lives are more than basketball, but when a player signs in, then it is all basketball.

We do more fundamentals in the beginning of the year. During our warm-ups we always do pass, pass back, lay-up. If they miss the shot, they run to mid-court and then back to the line. I think that the first part of practice should be slow, then increase the tempo. We will do some passing, and because we are a fast break team, we want to practice passing on the run. Usually the first 30 minutes is full-court material. We don't scrimmage much. As a fast break person, we do a lot of 5-on-5 full-court, but it is structured. I don't usually go more than 8 minutes on any one drill.

One thing that could be the same with your kids and with my kids is the fact that many of the homes today are not the **traditional** homes of the past. What that means is that you are their **extended** family and their support system. I had a freshman kid come in once and say, "Coach, will you ask me how my day was?" So I did and she told me. She said that her dad had asked her that every single day when she was at home but that for six weeks nobody had asked her that. The first time I asked my players at Wisconsin something like that they looked at me like "what does that have to do with you?" But now that has changed. So remember, as a coach, you are their extended family. A family isn't so much blood as people who care about each other.

# JANE ALBRIGHT - DIETERLE

## The Fast Break

There are some reasons why we like to fast break.

1. It's fun.
2. It's a lot easier to play basketball with number advantages than it is to play 5-on-5. 5-on-5 is a very hard game, much harder.
3. You play a lot of people, everyone gets some playing time.
4. The team sees a real need for conditioning. You tell them that they must be in the best shape of anyone in the conference. Most of our running is done within drills, but I definitely think there is something to be said for making them run with time limits.

- 1 = point guard
- 2 = shooting guard
- 3 = small forward
- 4 = big forward
- 5 = post

As a fast break coach, I want to do passing drills with players **on the move**, not standing still.

(Diagram 1) They are about **15' apart**. Start half speed. They can either run or slide, but they must get rid of the ball before they walk. Then do it 3/4 speed, and then full speed.

(Diagram 2) Now each player must **dribble twice** with her outside hand before making the pass. If you don't have the ball, you should be **quicker** than the person with the ball so the passes should always be forward. This is one of the main concepts of the fast break. We usually do that twice.

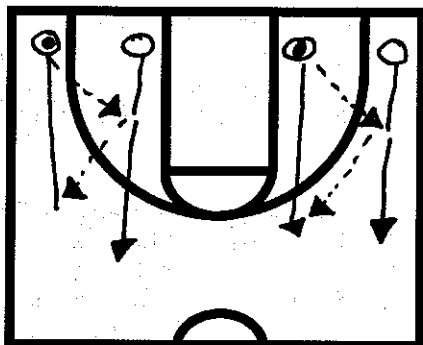


Diagram 1

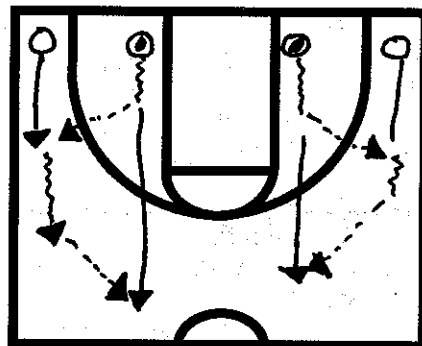


Diagram 2

(Diagram 3) **Three Person Weave.** Pass and go behind. If the shot is made, then the three players get to come back in the other direction. No dribbles allowed. If a mistake is made, either a dribble or a bad pass, the players get off to the side and return to the start. They get irritated when they mess it up.

(Diagram 4) **Five Person Weave.** We do the same thing with five people. But when they come back, they come back 3-on-2. The person who made the pass to the person taking the shot, and the person taking the shot play defense. Always pass to the inside person, but the passer goes behind two players. Pass to the person closest to you, and go behind outside of two.

(Diagram 5) **The Eleven Man Drill.** This is a continuous 3-on-2 drill. A, B, and C will attack D and E. When a shot is made, the ball must be taken out-of-bounds and be inbounded. If E takes the ball out-of-bounds, E, F, and G attack H and I at the other end. If I takes the ball out of the net, then I, J, and K go the other direction, etc.

# JANE ALBRIGHT - DIETERLE

## The Fast Break

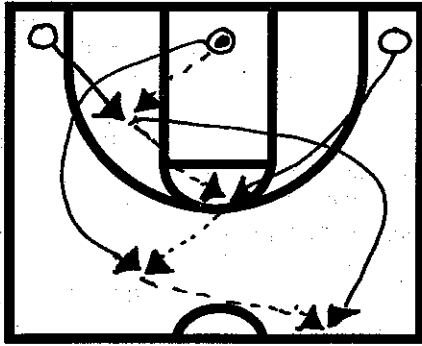


Diagram 3

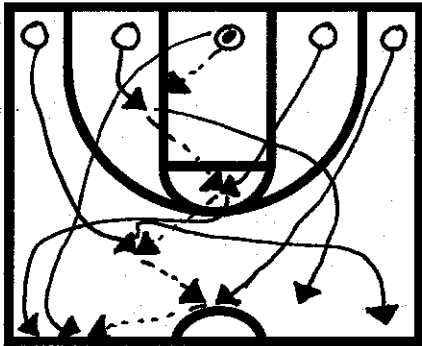


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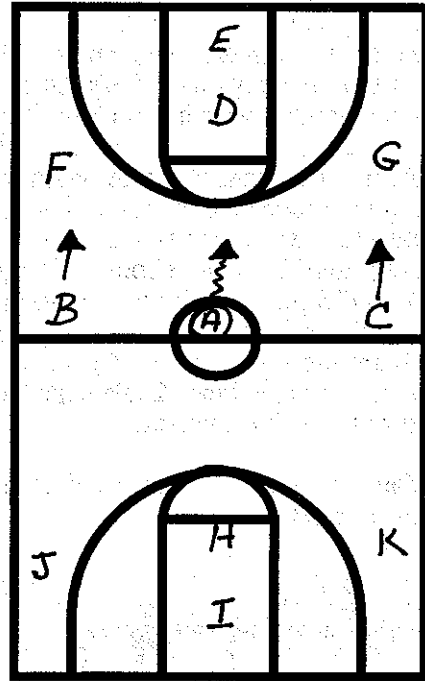


Diagram 5

(Diagram 6) **Three Family Fly.** 1 puts the ball on the glass, and rebounds. 1 then passes to 2, who returns the ball to 1. 1 dribbles down the center of the court. 3 has released and is ahead of 1. 1 passes to 3 who takes the shot. 2 rebounds the shot, makes the outlet pass to 3 who returns the ball to 2 going up the center of the court in the other direction.

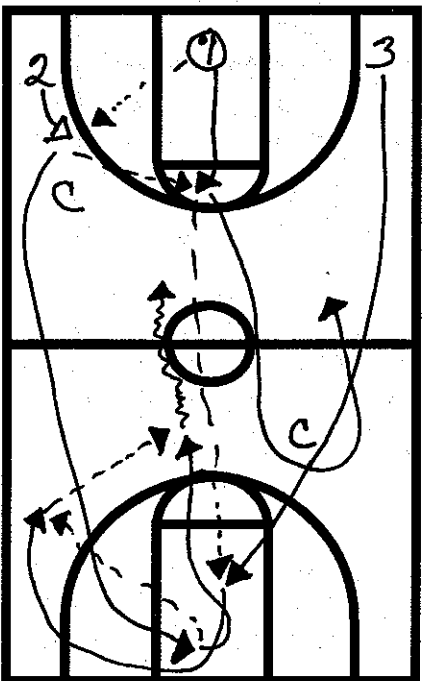


Diagram 6

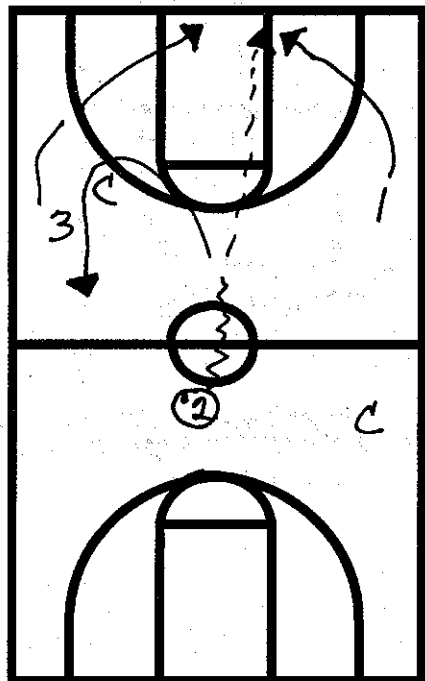


Diagram 7

# JANE ALBRIGHT - DIETERLE

## The Fast Break

(Diagram 7) Meanwhile, 1 has circled around the coach and has released to the other end so all 3 players have exchanged positions. 1 gets the shot, 3 the rebound. 2 will circle around a coach at the other end.

(Diagram 8) On a made basket, our point guard always goes to the same spot. 2 is in the right lane, 3 in the left. 4 and 5 are interchangeable. Either 4 or 5 takes the ball out of the net. 1 moves to the sideline at the free throw line extended with her back to the sideline. 2 and 3 release.

(Diagram 9) On a miss, 1 and 2 are interchangeable, 3, 4, and 5 are interchangeable. So, their duties change depending on which side the rebound is on. We make the outlet pass away from the defense. If 2 were to get the outlet, 1 will come to the elbow. On a make, it is easy. On a miss, you must make some decisions. Let's say that 3 gets the rebound. She passes to 1. 1 and 2 have a string attached to them. When 1 moves, 2 moves. If 5 got the rebound, 2 would be at the sideline and 1 at the elbow. The person who rebounds is always the trailer. 5 runs the lane to the foul line and then angles to the basket. If she doesn't get the ball, she buttonhooks back out. 4 goes to the ballside block. 1 receives the outlet pass from 3 and passes to 2 and 1 then fills the lane. 2 takes the ball down the middle. 3 is the trailer so you get a high/low look. 3 is also in position for reversal.

(Diagram 10) You always finish with 3-and-2, three on one side, two players on the other side. You must always keep your spacing.

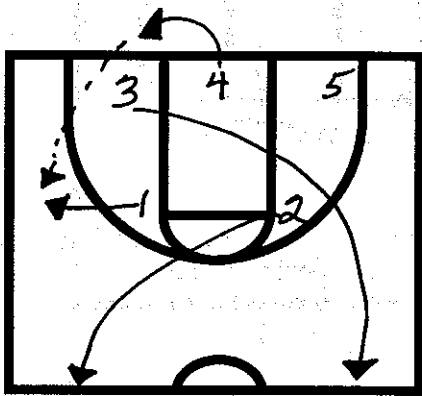


Diagram 8

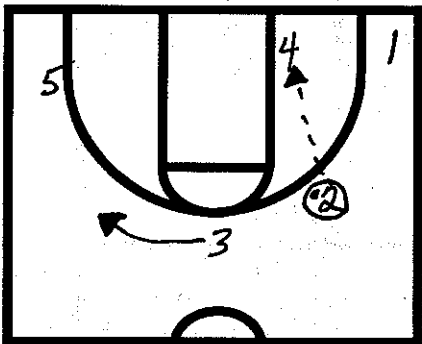


Diagram 10

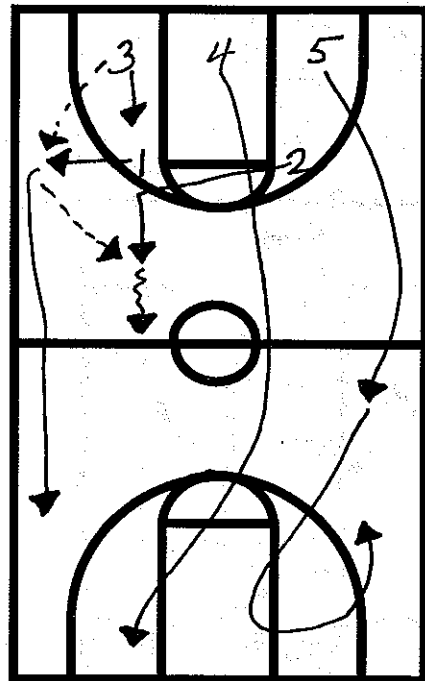


Diagram 9

# JANE ALBRIGHT - DIETERLE

## The Fast Break

(Diagram 11) If 1 can't pass to 2, then 2 fills the lane and 1 dribbles into the middle. As a last resort, 3 can **dribble out** and then make the pass.

Regardless of the drill, there are certain things that you must stress.

1. Spacing. This is very critical.
2. Ball reversal.
3. Number advantage. Teach them to recognize number advantage. Make sure they know the difference between 4-on-3 and 1-on-3.
4. Tempo. We want a fast paced tempo.
5. Inside out.
6. High/low look.

An important concept is that the break is not over until you don't get the rebound. That's a **key concept**. If you break, take a jumper, miss it, but the post gets the rebound and scores. That's a fast break bucket. You must emphasize **rebounding** with the fast break. You must decide when you want to break, off of a steal, a rebound and/or the make. In the Big Ten, our fast break wasn't as effective after a make. The defenses got back.

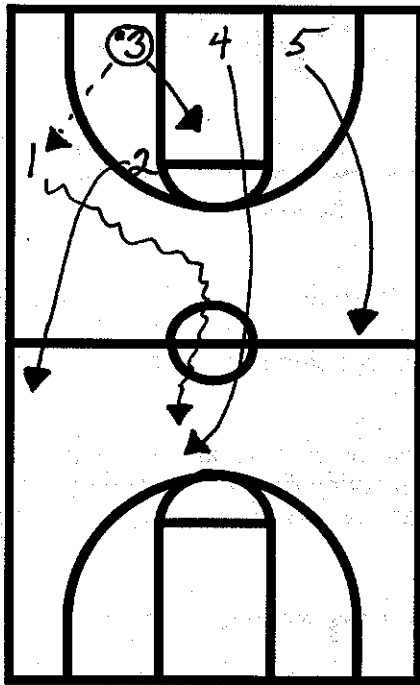


Diagram 11

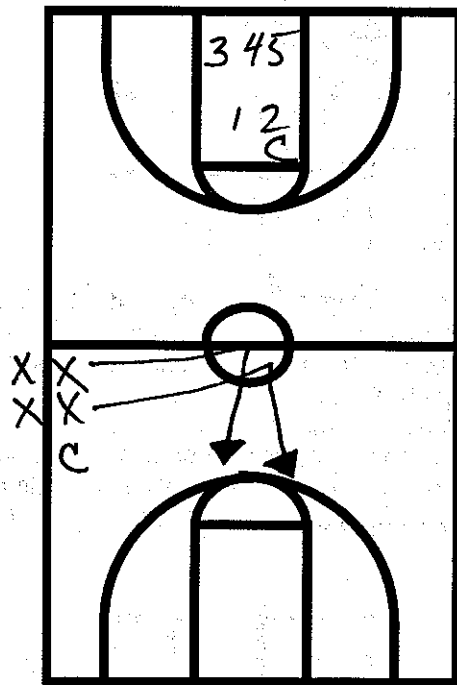


Diagram 12

(Diagram 12) **The Recognition Drill**. This is the best fast break drill I have. Five offensive players are at one end of the floor with a coach, and another coach with four other players is at mid-court. Coach shoots and this is run from either a make or a miss. The five offensive players get into the break. The coach at mid-court sends from one to four players out to play defense. They first touch in the center circle and then drop back. The offense must recognize how many defensive players there are.

There is always a **number advantage** for the offense so there is always an open player somewhere. The offense also has the rebounding edge so you must get the offensive rebound. The drill ends when the defense gets the ball. We do this for five possessions and we keep score. Two points for a three pointer, all other shots one point. The defensive team gets one point for each three deflections. If any part of the body touches the ball it is a deflection. We do this for any drill in which we keep score.

# JANE ALBRIGHT - DIETERLE

## The Fast Break

(Diagram 13) If the rebound is long, then you must **adjust**. For example, if 1 gets the long rebound 2 and 5 fill the lanes as 1 takes the ball down the middle. If 3 can fill the lane before 2, then 3 does it. If there is one of your teammates ahead of you, then you are the one that must adjust. And we tell them that it is quicker to pass than to dribble, so that if there is an open player ahead of you, pass her the ball. My point guard is usually the judge of that.

(Diagram 14) **Transition Defense Drill**. The numbers are on offense, X's on defense. The coach passes the ball to one of the offensive players. The corresponding defensive player must run and touch the end line before running back to play defense. The other four defensive people play defense immediately. If the ball goes to 5, then 5 will pass to the point guard breaking into the middle. We use our point guard to stop the ball. We do not play defense in the paint, but we get into the lanes. When the ball gets to half-court, we are in the half-court defense and recognize which side is the help-side and sag that way.

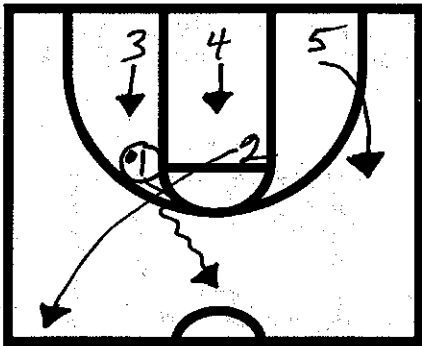


Diagram 13

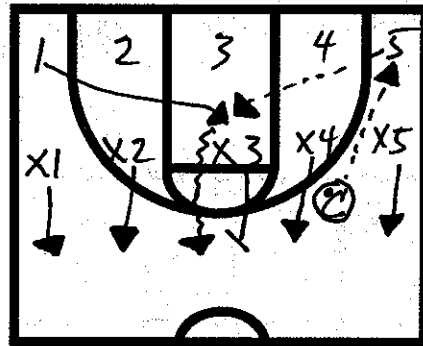


Diagram 14

(Diagram 15) Here is a good **shooting drill**. Divide the team. There is a rebounder under each basket. A 15 footer is worth one point, a three-point shot is worth two. 1 shoots a 15' shot, 2 shoots a three-pointer. The shooter is the next rebounder. Each side goes to twenty points. After doing it straight on, then do it at the other four positions.

(Diagram 16) Put two players at each basket. You can do this against the clock or against each other. 1 shoots, 2 rebounds. 1 must hit five shots at a single position. Then 2 must hit five. The first pair to hit ten shots yells "got it." This is the signal for everyone to move to the **next position**. There are five positions.

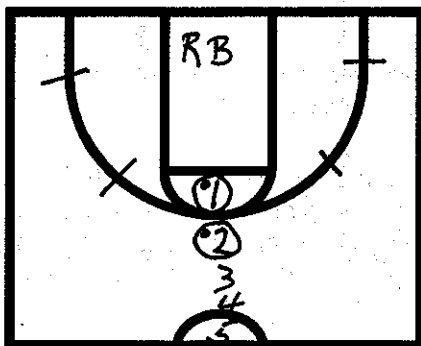


Diagram 15

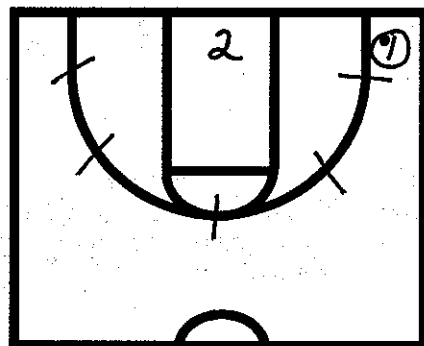


Diagram 16

# JANE ALBRIGHT - DIETERLE

## The Fast Break

(Diagram 17) **2-1/2 minute drill.** Take 15' shots. Record "makes out of takes." Pair up, one shooter and one rebounder. Shoot ten at each of five spots. Theoretically, you have 30 seconds to take ten shots. Some players don't shoot fast enough; this is a good drill to increase speed and accuracy. I will have a clock and say "if you are on schedule, you will be ....." If you can get fifty shots off in two and one half minutes, your tempo's great. The rebounder counts how many **shots taken**, the shooter counts the **makes**. These are college numbers. You may have to change them to fit your situation.

(Diagram 18) **Offensive rebounding drill.** Two points for an offensive rebound and one point for a defensive rebound. The coach puts the ball on the board. There is no shooting by the players. Change from offense to defense every time. Vary this by having the offense move around before the coach shoots.

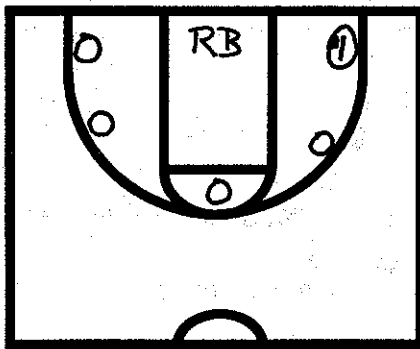


Diagram 17

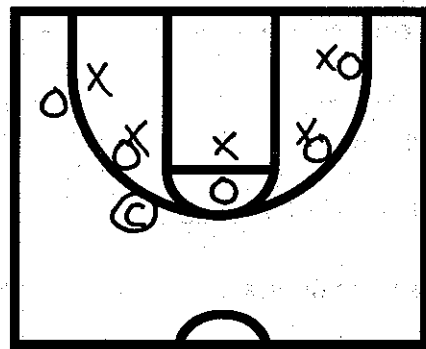


Diagram 18

(Diagram 19) Also, the players vary their position depending on the **location** of the ball. For example, if 4 is on the weakside, she must sag until the shot and then she must move out and block out her player. Long rebounds must be practiced also.

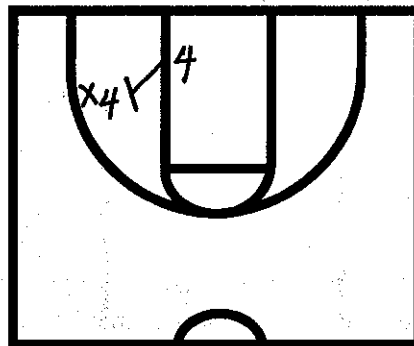


Diagram 19