



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

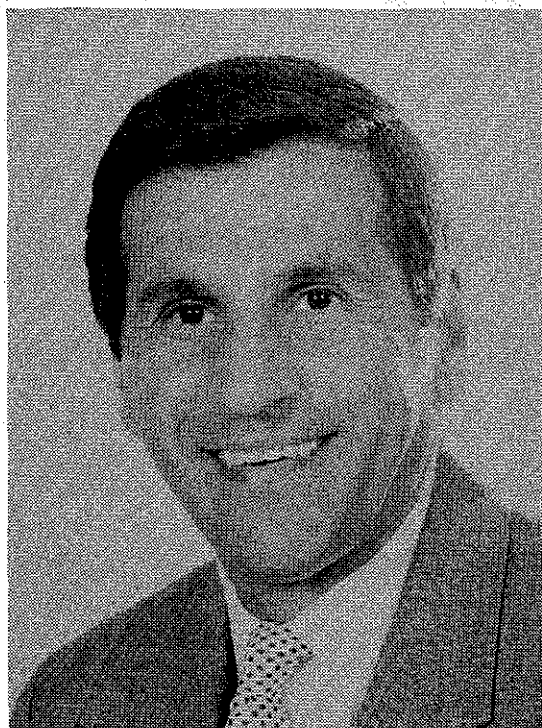
JIM HARRICK

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

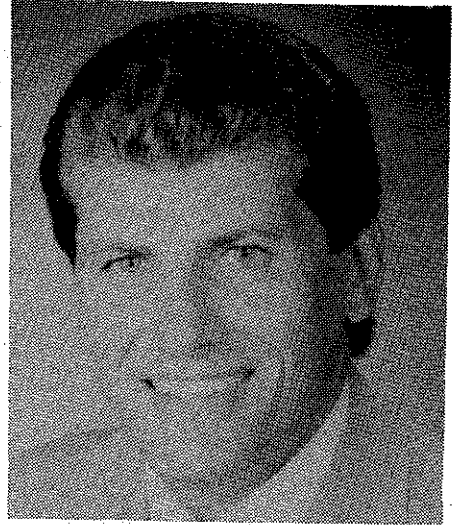
GENO AURIEMMA

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.

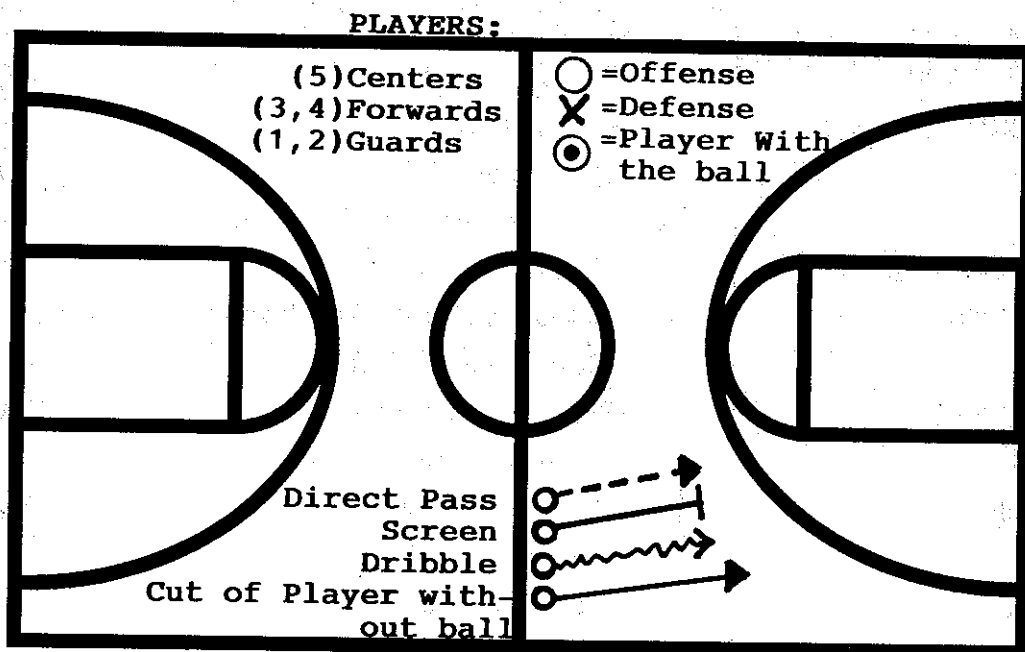
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DIAGRAM LEGEND



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

STEVE ALFORD

Guard Development

At a very early age, I realized that if I wanted to develop the skills necessary to compete at the highest level, I would need to practice twelve months a year. I was very fortunate that my father was a coach. This enabled me to be around the gym perhaps more than most kids.

I would watch high school practice and would do a few ballhandling drills during practice. Watching practice stimulated me to work as hard as I could as I worked by myself. I saw players who really didn't work hard all the time and I was determined that would never happen to me.

I developed a 50-minute workout program and much later, put this workout on videotape.

Here are a few things you might consider as you work with and develop your kids. These are things kids can do in the off-season.

1. Toss the ball out in front of you with spin on the ball. Set your feet, face the basket and be ready to shoot when the ball comes back to you. This is a one-minute drill.
2. Vary drill by assuming you are coming off a screen. Get your feet set, get the ball and be ready to shoot.
3. Shoot ten free throws in two minutes. Step off the line after shooting two. Put pressure on yourself.
4. Practice shooting after one dribble while at the same time getting your feet in the right position. Dribble to your right, then left, then use fakes. Add a defensive player and have him come hard at you.
5. Add a second dribble to the above drill.
6. Work on bank shots (10-15)
7. Shoot another ten free throws and apply pressure on yourself.
8. 2-ball dribble — line dribble (change at intersection) 2-4 minutes
9. 10 free throws (pressure)
10. Pick a weak point in your game, develop a drill and work on it.
11. 10 free throws (pressure)
12. Always be in a playing position. Think to yourself that you might be able to catch the defense relaxing.
 - a. V-cut off chairs—put the ball on a chair, cut, pick up the ball and shoot. Set up variations.
 - b. Elbow to elbow
 - c. Wing to corner
 - d. Corner to wing

STEVE ALFORD

Guard Development

13. Point moves — start at half-court — attack a chair at the free throw line.
14. 10 free throws (pressure)
15. One-minute three-point shooting — spin the ball to yourself.
16. 10 free throws (pressure)
17. Full-court shooting — make four moves as you go up the court.
18. 10 free throws (pressure)
19. Jump rope, jump lines, slide lines.
20. 10 free throws (pressure)
21. Make up a drill — repeat the worst drill of the day.

Supplemental Drills

1. Work on the Mikan drill — shoot a lay-up righthanded, get the rebound, shoot lefthanded.
Do this 10 times.
2. Go to different spots for shots.
3. Work on baby hooks.
4. 1-on-1 moves.

Partner Drills

1. Around the world communication
2. 3-point field goal attempts/field goals made
3. 1 vs. 1

Essential Qualities

1. Head — use it
 - a. Leader — develop through experience.
You must have the respect of your teammates before you can lead.
 - b. Savvy — study all aspects of the game and develop the composure you must have
 - c. Personality — work on your personality constantly and be sensitive to your teammates.
 - d. Academics — motivate yourself to keep up with your studies.
 - e. Desire to achieve as a person, in your studies, in basketball and other areas.

STEVE ALFORD

Guard Development

2. Body
 - a. Foot-hand ability—dribble using fingertips instead of palms.
Work on improving foot speed.
 - b. Eyes — don't just watch the ball, you must see your teammates as well as opponents.
 - c. Smoothness, eliminate the rough edges — glide as you run, dribble, pass and shoot.

Summer

Summer is the time to really work on fundamental improvement. Here are some things I always did.

1. Record everything you do each day and how long
2. What teammates are there.
3. Play both half and full court games.
4. Always guard the best players.
5. Evaluate each win/loss: why did we win/lose?
6. Concentrate on areas
 - a. No shots off dribble
 - b. All shots off dribble
 - c. All 3's
 - d. Nothing but lay-ups
 - e. No shots—must set up others
7. Hustle—respect theory—let teammates see your work ethic.
8. Half-court rule:
 - a. All defense must get across half-court line for basket to count
 - b. If they don't get back on defense—the offense gets the ball after scoring.
9. Post-game leadership: Talk about how we played and look for some good things that happened.
10. Get on a good weight program.
11. Individual workout—use drills previously mentioned
12. There are four ways to miss a shot—right, left, short or long
Eliminate right and left with alignment.
 - a. Put your right foot on the nail hole (aligns lower body)
 - b. Put your middle finger on the valve stem (under it) find the target, just over the front edge. You now have alignment.

STEVE ALFORD

Guard Development

13. Work on elbow-knee theory alignment.
14. Videotape
 - a. An outstanding way to learn the game
 - b. Use tape as a teaching tool—have player evaluate
15. Conditioning
 - a. Sprints, miles, workouts, 5-on-5
 - b. Everything is predicated on conditioning
 - c. Leave car at home. Run to gym.
 - d. Kids use injuries as an excuse to get out of hard work.
 - e. Most kids will work only as hard as they are forced to—they are basically lazy.

Pre-Season

As a coach, I feel phone contact with players at least once a week is important.

1. Conditioning
 - a. Year round conditioning is critical
 - b. Guards must be in better shape than other players
 - c. No one beats you in a sprint
2. Chalk Talks
 - a. Slanted toward individuals as well as the team
 - b. Discuss leadership
3. Cassette Tapes
 - a. Review high school, college tapes
 - b. Look at pro tapes
 - c. Look at motivational tapes
 - d. Watch presentations by business men
4. Establish Goals
 - a. Team—make them reasonable
 - b. Individuals—these can vary from player to player
5. Fundamentals
 - a. Must be repeated and repeated to be perfected
 - b. Work on assist to turnover ratio
 - c. Strive to eliminate mistakes due to lack of fundamental play

STEVE ALFORD

Guard Development

Season

1. Pre-practice Work
 - a. Rope
 - b. Line work
 - c. Toss Back
 - d. Ballhandling
 - e. Partner shooting

2. Practice
 - a. Guard the coach
 - b. Guard an assistant coach
 - c. Guards can relate to one person

3. Planning Practice
 - a. Evaluate your program and system
 - b. No free time
 - c. Sell your system
 - d. Split time with free throws
 - e. Apply extra pressure on guards
 - f. Improve ballhandling

4. Post Practice
 - a. Coach-player work
 - b. Follow the leader
 - c. 2-on-2, 3-on-3
 - d. Evaluate 10-minute segments of tapes of practice