



# 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

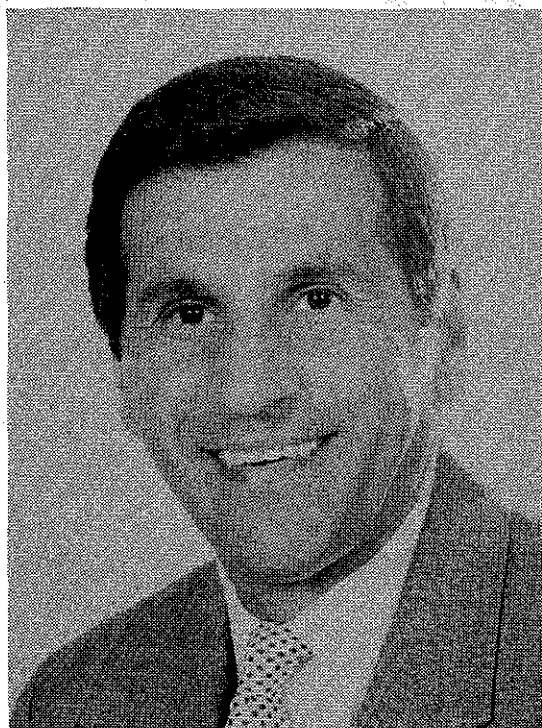
## JIM HARRICK

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

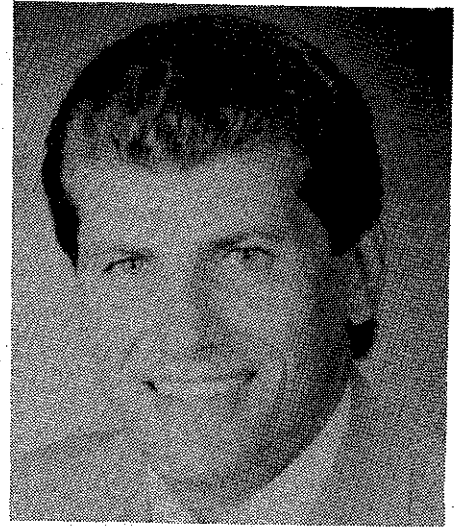
**GENO AURIEMMA**

**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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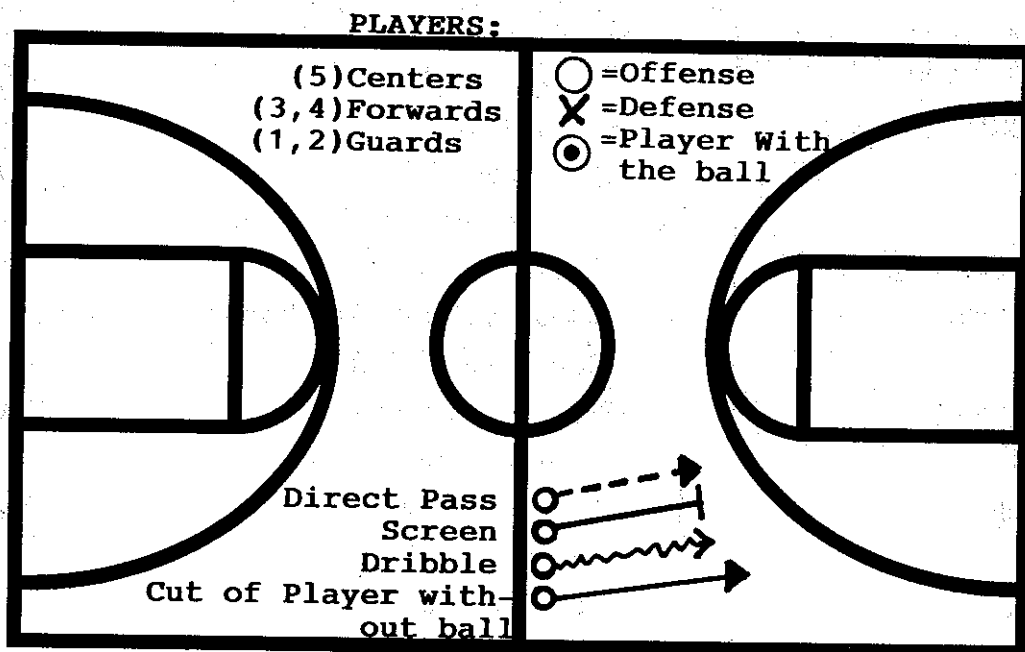
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## DIAGRAM LEGEND



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

# KIM ANDERSON

## Practice Sessions

I have been fortunate to play for Coach Norm Stewart at the University of Missouri. I then played professionally in Europe and I learned how not to do things. If we won, we kept the same offense. If we lost, we put in a new offense. We played some defenses that haven't been invented yet. One of the best things that ever happened to me was to leave the University of Missouri and go to another program and learn how someone else does things. I have been at Missouri for four years now. Our practices are very organized. The way you present your drills, your offense and defense, goes a long way in the development of your players. When I coached at Baylor we put the scouting report on the board before every game. You wondered if the players were paying attention. But I realized it didn't matter so much what I put on the board, but that they would remember it looked like I had confidence and knew what I was talking about.

### General Ideas

1. We set-up all of our drills relative to what we are going to do. Don't just run a drill to run a drill.
2. Be organized, it helps both the players and the coaches.
3. Practices should be as enjoyable as possible. The season is a long one.
4. Budget your time. Use it wisely.
5. We have a set maximum time and we stick to it unless something unusual happens.
6. If a drill is not going well, stop.
7. Don't over practice. Sometimes coaches feel that they must practice at all cost.

### Reasons For Organizing Practice

1. Know your facility.
2. Time limitations. Do you have to share the facility?
3. When can you hold practice?
4. The number of players at practice. How many players do you carry?
5. Utilization of the staff. Get some student managers. They are invaluable.

### Leading Up To Practices

1. Summer — spend time looking at videos, what was successful and what wasn't. We take this time to evaluate each player.
2. Be consistent within the staff. Be sure that an assistant coach tells the player the same thing that the head coach is telling him.
3. What type of team do you expect to have? What must you do to make it better?
4. Incorporate new ideas. Go to clinics, use videos, books, and we meet with other coaches. Coaches need to spend some time together just talking about basketball.
5. Plan your pre-season objectives. What are you going to do with your weight and running programs? Strength is very important in basketball.

### Actual Practice

1. Our staff meets daily. Make sure that all assistant coaches understand the drills. Assign each coach specific duties during the drills. Take stats during practice. Pick a particular player. This makes practice more intense. We try to evaluate at least one player daily. Each coach should have a copy of the practice schedule. Some coaches have a copy of the practice for the players to see. We do that.
2. Keep the drills moving, we have a maximum time of 12 minutes.
3. Get all the players involved.
4. Organization of the floor. Make maximum use of the facility. Don't have six baskets and have all of your players working a 2/2 drill at one basket.
5. Have a logical drill sequence, for example, 1/1 to 3/3 to 5/5.

# KIM ANDERSON

## Practice Sessions

6. Have a pre-practice time where you work with individual players.
7. Video individual players. The players don't know which player is being singled out and this will increase the intensity of the practice. When you bring that player in and go over practice with him, it is a real eye-opener for him.
8. Practices, tough or easy? We usually have two tough practices a week.
9. Mix up the drills. We use the whole/part method. If we are introducing a new offense, we will show them the entire offense first and then break it down into drills.
10. Put pressure on the players. To have a good team your team must be able to respond to pressure. We start practice with some stretching and warm-up drills. Then we do about 30 minutes of fundamentals. Then we will stop and shoot free throws under pressure. Then we will go to defense for about 30 minutes and again stop and shoot free throws. Then 30 minutes of offense and more free throws. When we shoot the free-throws we shoot a one-and-one. If you make the first one, you don't run. If you make the first one and miss the second one, you go to the side and we will run four "widths." If you missed the first free throw, you must run ten "widths". This adds a little pressure. If you are consistent over a long period of time, it will help. Also, anytime you miss a lay-up in practice you run, usually down and back against time.
11. Scrimmaging. We scrimmage more now than in the past.
12. Do you have a computer? We chart the various player combos that we use during practice. Your best combination may not be your best five players.
13. Rate your players. List all your players and pick the top five or seven. If you want to do something interesting, give the players the same sheet and have them pick.

As coaches, there is no substitute for hard work. You must be enthusiastic at practice every day. We try to keep our practices closed. The floor is your classroom.

# KIM ANDERSON

## Post Play

Your big players are special. Since the post is closer to the basket, his field goal percentage should be higher than anyone on the perimeter. He may be less coordinated. He doesn't have to be big to be a post player, but he should be **quick and strong**. There are **three types** of post players. First, you have the player who can do it all. Second, there is the player who can do some of it, and third, you have the player who can do very little. All of these can contribute to your program and obviously some more than others. You must decide whether you are going to make your big man fit into your system, or are you going to change your system to fit the big player. You, as a coach, must make that decision.

You must find the **strong points** of your post player and build around them as you continue to work on the **weak points**. Big men must have special individual work. You must do it consistently. We worked with them about an hour and fifteen minutes before practice each day. We did a lot of one on one work with just the big men. We really limited what they were going to do. You must decide what you want them to do. How do you want them to shoot? Will you allow them to dribble? You can make them effective players. Some players are playing basketball just because they are big, not necessarily because they want to play. You need to encourage them and be enthusiastic with them.

We break our program down by the time of the year. At the start of school we have a great **strength and conditioning** program. They lift four days a week before the season starts, Monday, Tuesday, Thursday and Friday. We tailor a program for each individual. We don't do much distance running, but we run sprints and work on footwork drills. We do plyometrics, box jumping and skipping.

In season, we do lifting two days a week. This is more of a maintenance program with little heavy lifting. We want to keep the strength that our players have developed in the pre-season. If your player is really weak, you may want him to lift throughout the year. We also continue with the flexibility exercises. If you can get your players in the gym to lift during the summer, they will be better players. We also check body fat. We want it below 10%.

**Stance:** When you talk about posting up, keep it **simple**. We want the post in line between the ball and the basket. You need a wide base. If the feet are together you will be able to be moved off your position. The knees must be bent, butt down, hands and arms up. There must be a good strong base. As a post player, I want to feel the defensive man so I know where he is. The arm closest to the defensive man is up to **protect** and the other arm is up as a **target** for the pass. The main thing is that you must have a good, wide, strong base. The post must be able to go catch the ball. The post must go meet the pass, but not so far out as to be out of position. The timing with the passer must be there and this must be worked on. Don't make the post move away from the basket to get the ball. Catch the ball with the jump stop so that either foot can be the pivot foot.

**Simple Moves:** You don't need to teach a hundred different moves. Don't get fancy. The first move is to catch, turn and face with a 180 degree pivot and shoot the jump shot. Teaching point — when the pivot is made, pivot the full 180 degrees so the post is as close to the basket as possible. The player will have good balance. Look to see where the defense is playing as the ball is caught. If the defense is overplaying in one direction, pivot in that direction and then step through to the other side. Take one dribble and a jump shot or step through for the lay-up. If the defense is on the high side, make the **power move**. If a dribble is needed, make it between the legs and power to the basket.

**Passing:** Big players can be **good passers**. We teach three passes. The first is the simple **hand-off**. The second is the **soft bounce pass** to the cutter. The ball is protected below the chin with the elbows out. The ball is released low. The third pass is the **flare pass**. Have the ball over the head in both hands. Step to the man, don't step back to throw it.

We also spend time teaching our big men to pivot. Some can pivot with one foot, but not the other. You can drill this by coming to a jump stop and then make the pivot with the right foot, repeat with the left foot. Don't take for granted that they know how to catch the ball. The post player must see the ball into the hands. The fingers must be relaxed and spread. When a bounce pass comes into the post, it will have a spin. We want the post to have the right hand on top of the ball and the left hand on the bottom. We don't

# KIM ANDERSON

## Post Play

want the hands side by side because the ball may spin out.

**Drills:** We do one that is called the **combination lay-up drill**. You all know the Mikan drill where the player starts under the basket and shoots the ball on the right side with the right hand and catches it as it comes through the net and then shoots it on the left side with the left hand. It is a great drill. We have added something to that drill. We start with the back to the basket and teach the player to step under and to the left with the right foot, turn back and shoot a left hand shot at a 45 degree angle off the backboard. Get the ball out of the basket, step with the left foot to the other side and shoot with the right hand. (The left hand shot is taken on the right side turning outward and vice versa.) They must make twelve in a row. You may not use that shot in a game, but it really helps the footwork. When the shot is taken, explode with the knee so that you get maximum vertical lift. Stay close to the basket. Get the rhythm.

(Diagram 1) **The Combo Supreme.** Start the same way, the regular Mikan, and then the shots just explained. That's four shots. As soon as he does that, the post runs and touches the foul line, comes back and the coach passes him the ball for the left handed lay-up. Don't worry about the rebound. He repeats to the foul line and the coach passes him the ball again for a right handed lay-up. He runs to the three-point line, comes back and shoots another lay-up on the same side (does not go under basket). Then go to the other side and repeat. Touches the three-point line again and comes back and goes under the basket for the shot, goes to the other side and repeats. (Note — numbers on diagram indicate shot sequence.) That's ten shots. This is also a good conditioning drill.

(Diagram 2) Coach has a football **dummy**, and a rebounder under basket. Use two balls — the other coach has a ball, and the rebounder has a ball. The post touches the foul line, breaks down the lane, gets pass from the coach and shoots the lay-up. The other coach hits him with the dummy during the shot. The rebounder passes the other ball to the coach. This is repeated ten times. Do it first on the right side and then the left side.

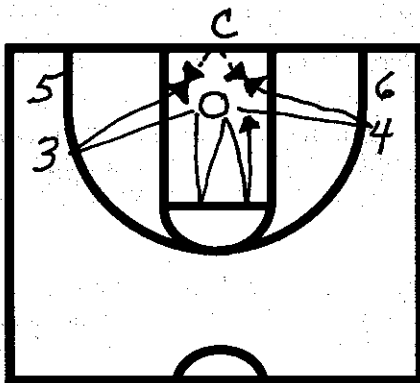


Diagram 1

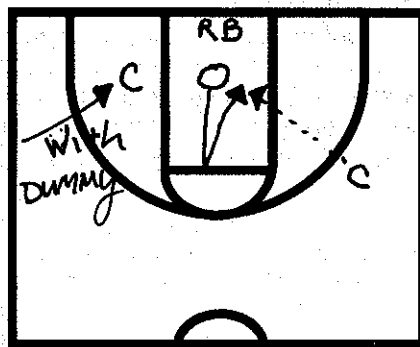


Diagram 2

# KIM ANDERSON

## Post Play

(Diagram 3) **Superman Drill.** Put the ball on the board so that it goes over the rim. Run across the lane and catch it outside of the lane on the other side. Do this ten times.

(Diagram 4) **Bad Pass Drill.** The coach makes bad entry passes. Throw at the feet, and over the head. We want the post to move the feet on the wide pass. We want the ball caught with **both hands**. Another version of this is to start this drill with the post facing the basket. On the call of "ball" the post spins around and must locate and catch the pass from the coach. Use two balls and two players. We want them to play catch with two balls. Pass both balls at the same time. Start 15' apart and then work in closer until 6' apart.

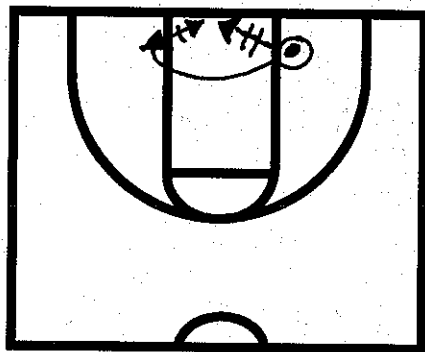


Diagram 3

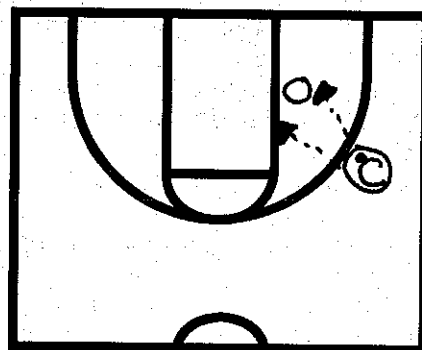


Diagram 4

(Diagram 5) **Manager, coach and player.** This keeps the post from bringing the ball down after a rebound. The manager has a dummy. The coach tosses a lob pass and the post comes to, and catches the ball. (This simulates an offensive rebound.) The manager puts the dummy up against the post so that he cannot bring his arms down. The post then shoots.

**The One-on-Two Step Through Drill:** When a big player catches the ball in the post and turns in, there will be the weakside help there. If he can go over the top, fine. But if he can't, we teach him to stick his head and shoulders through the trap and then make the pass. (You can teach this to everyone.)

(Diagram 6) **Players in one line, managers in the other.** Managers dribble and then pass to post for the lay-up. Then, put one manager on defense. We do many drills where we have someone with a blocking dummy in the drill. The game is a game of **contact**. If you can score with contact, you will be just that much more effective.

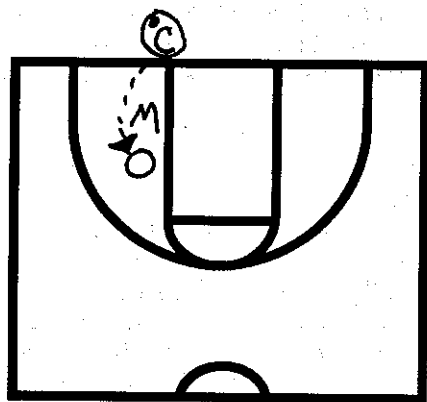


Diagram 5

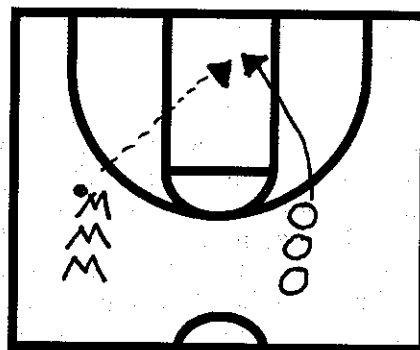


Diagram 6