Adidas Coaching Clinic
September 29-30th Palms Casino, Las Vegas

Coach Bob Knight – Session One – Offensive Play

Everything is not what it seems due to offensive play.

1. **Getting ball in position to get a good shot.**
    a. Half court spacing – spread the defense, screen and get outside.
    b. Always set yourself up away from baseline so you can go either way.
    c. Don't set up two cuts in the same direction, hurts your spacing.
    d. Running helps cut down on turnover to assist ratio.
    e. Coach has no problem telling a kid he is not allowed to shoot.
    f. Free shooting is detrimental. Take 12 – 15 foot shots under supervision.
    g. When you step on the floor you are ready.

2. **Screening**
    a. Coach is not big on the ball screen because one guy is handling the ball too much.
    b. You need to help each other to get open.
    c. You need to change the position with the ball and someone will be open.
    d. Number one practice drill is 4 on 4. This is also a great defensive drill. You can do this with no dribble or one dribble. Always trying to get to the basket. Start in a 2 on 2 set with screens from both sides. You work your way up to 4 on 4. Use restrictions like 8 passes or Billy needs to touch in post before anyone can shoot.
    e. Everything you do should have the "O" and the "D" in mind.
    f. Transition both ways is necessary.
    g. Don't put non-shooter in position to let the other team get off him.
    h. You need a good angle to set the screen.
    i. On the screen, the set up, and the cut you need to constantly stop and correct sloppy play. Don't let it continue.
    j. In motion offense it's like snowflakes, never the same.
    k. You may say best scorer must screen twice before can shoot.
    l. Stat: How many points do you give up off of bad passes?
    m. You have to be demanding.

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3. **Downscreen**
    a. Go nail the guy and you must meet the opponent.
    b. Take the defender up and then go low.
    c. Go shoulder to shoulder.
    d. Screener must watch the "D" man and if screener sees switch develop you can slip.
    e. Cutters need to be high and keep the spacing wide.

4. **Flarescreen**
    a. You need to be always ready to slip.
    b. On the screen your feet need to be wider than your hips.
    c. You need to be ready on the switch with feet balanced
    d. You put your left hand on your right wrist.
    e. Set with back to corner.

5. **Backscreen**
    a. Bounce the pass into the post.
    b. Make sure you throw it away from the other team.
    c. Hold the ball on the perimeter for a two count to see what develops.
    d. You need to set up to the middle of the floor so you can backcut.
    e. If defensive man is in post on backcut, don't go in.
    f. You set up the cut by using foot deception.
    g. Coach got away from cross screen because it is to congested, although he still uses it occasionally.

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Coach Bob Knight - Session Two

1. General

a. Good coaches are ones that demand the most from their players
b. Teach your players to think quicker and demand the most from themselves
c. Put players in positions to think

2. Team Defense Drills

a. Always set a restriction (e.g.: 15 sec. shot clock)
b. Always try to put the defense at a disadvantage
    1. 5 vs. 4 full court to 4 vs. 5 back
    2. 4 vs. 4 with 1 extra man in each corner ("6 vs. 4")
        - 4 vs. 4 shell where corner guys can attack, defense must communicate and rotate
    3. "5 vs. 5 change"
        - Coach dictates when to "change." On signal, player drops the ball and moves to defense
        - Players may not guard the man guarding them
    4. 4 vs. 4 with Post ("5 vs. 4")
        - 4 vs. 4 shell where Post man is pressure release
        - Post has freedom to do what he wants. He can screen or look to score
        - Defense must communicate and rotate to stop the post

3. Zone Offense Attack

a. Against man-to-to man, you can dictate where the defense plays, but against a zone, you can control who they guard.
    1. Always look for the most favorable match up ("mismatch")
b. Attack the gaps
    1. Dribble away from where you want to pass
    2. Never dribble and pass to the same direction
c. Players without the ball should make hard, cross-court cuts into the gaps
    1. Start very low and behind the zone to the point where you are almost out of bounds
    2. Always fill the baseline/short corner on a reversal
d. vs. 2-3 Zone
    1. Attack the baseline, flash middle, and look opposite
e. vs. 3-2 Zone
    1. Attack the middle with 3 players flat against the baseline

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Coach Bob Knight - Session Two - continued

f. Miscellaneous

1. Always attack the gaps
2. Dribble out the point to the wing in order to prevent a turnover on a wing to point pass
3. Use a dribble from the point on a reversal to freeze the zone ("freeze dribble")
4. Ball should pass the midline before going back to the same side
5. Use a lot of shot fakes

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Ben Howland - UCLA Bruin Basketball – 310-206-6276

I. General
- a. Low field goal % defense and winning the rebound margin wins ballgames.
- b. Define roles
  - 1. Get players to understand their roles
- c. Practice defense for at least 20 minutes per practice
  - 1. Every drill is competitive and there is always a penalty for the loser

II. Defense
- a. Defend the ball, not a man
  - 1. Players may not always guard the same man; be ready to stop ball

III. Transition Defense
- a. Take away transition offense and make them score in the ½ court set
- b. On a miss: 1, 2 are always safeties, 3, 4, 5 hit the offensive boards
- c. On a make: 1 or 2 always stop the ball early on the outlet, in bounder's defender to half-court line

IV. Defensive Positioning
- a. Pressure the ball with your body square to the offensive man
- b. Deny one pass away; up to one step beyond arc
- c. Jump to the ball under control, but don't lunge at the ball
- d. ALWAYS talk

V. Close out under control
- a. Sprint half the distance, then use short, choppy steps the other half
- b. Contest every shot to the level of release with hands up

VI. Extending screens
- a. Lock and trail shooters
- b. Extend by being in the passing lane, show and bump offensive player on the curl
- c. After bump, release back to your man
- d. Always feel/touch your man in order to prevent him from slipping the screen

VII. Defending the Double Stagger screen
- a. Top/Ball side defender must extend on the screen
- b. Low defender must protect against the slip

VIII. Defending on-ball screens
- a. Ball defender must force the offense to use the screen, and then go over the top of the screen
  - 1. There is no ball pressure if player goes under the screen and the PG has better vision of the floor
- b. Screener's defender must hedge/extend and recover
- c. You may double in the corner, occasionally on the wing, but never on the top

IX. Defending the dribble hand-off
- a. Switch on the dribble hand-off

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Bo Ryan – "Swing Offense" Wisconsin Phone #- 800-262-4597
The swing is from Johnny Orr's upscreen, Tom Davis' flex, and Bob Knight's principles', like the fade.

1. **The Swing is "O" in transition**
    a. If you score a point per possession you will win 90% of your games.
    b. You want to get the ball to the best offensive player, get him the ball first.
    c. You need to get your guys to firmly believe they need to work.
    d. You should practice the skip pass to post entry every day.
    e. Doesn't make v-cuts
    f. The five spots on the floor are 2 wings, 1 post, and 2 guard top.
    g. Against an overplay have your point dribble entry, and the wing backcuts as the post leaves to open lane up.
    h. You can also always downscreen to get into offense.
    i. Nice thing about the swing is you can always get a stagger screen.
    j. Ways to beat full court pressure: Put big man in the middle and throw over the top.

2. **Things that Coach Ryan feels are important for success**
    a. Who is the leading scorer? Who cares as long as someone scores or gets fouled.
    b. You have to get the ball into the post. You need to run post-passing drills. You need to teach them. Don't assume they can do it.
    c. Don't yell play "D". Tell them what to do. It's called coaching.
    d. Chart 3-point shots. Shot 12% better on kickouts. You need post touches.
    e. Kids learn to shoot while already facing when they are young. That's why percentage is better from inside out. The skip pass is the next best way to get a 3-point shot. The ball screen is the lowest % 3-point shot.
    f. On transition Defense: Send the 1 and 2 back. If the other players can't grab the ball with 2 hands then they need to get back.
    g. On rebounding: Keep your hands up. The best was Bill Walton.
    h. It takes three seconds to secure a rebound after the shot goes

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Bill Self – Man offenses and Zone offenses

"If you think you have all of the answers then you are probably way off base" – Self

1. **Half Court Man Offenses**
    a. Coach likes when you have a one-man front because you can get back if you turn it over.
    b. You first need to swing the ball to get the defense to move.
    c. On post Defense you need to beat the offensive man to the first step.
    d. You need to take a "cheat step" on the top in order to receive the pass at full speed. Then you square up.
    e. Getting ready to screen: You can create a bad hedge by stopping and restarting.
    f. When the defense is applying heavy pressure you need to run the 1 – 4 This will help to eliminate pressure.
    g. The 3 out and 2 in is a great offense if you have depth at the big positions. You can where the opponent out.

2. **Zone offenses**
    a. Main objective is to get the bottom guys in the zone out.
    b. Ball needs to be a hot potato to get bottom guys out. Move ball quickly.
    c. If you can occupy the outside bottom guy on defense, you can do whatever you want.
    d. See diagrams for plays and tips how to make plays work.

Kansas practices

call 785-864-3056 for the office phone, or if you want to work summer camp.

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Coach Jim Harrick

I. General
- a. Elements of a successful coach
  1. Organization
  2. Philosophy
  3. Discipline
  4. Surround yourself with good people
  5. Praise for those around you
     - Acknowledge a great pass or play
  6. Explain
  7. Demonstrate
  8. Correct
  9. Repeat

II. Readiness
- a. Concentration
  1. Players always give their undivided attention; when they step on the floor, they are ready to play
  2. Players are always in a stance defensively
- b. Poise
  1. "Be on balance, quick, but not in a hurry."

III. Miscellaneous
- a. Two foot jump stop at all times unless using a screen
- b. Always v-cut offensively
- c. Always defend the shot with hands up
- d. Always follow your shot
- e. Always block out on foul shots

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John Calipari - Memphis Tigers - coachcalipari.com

"Think outside of the box"

I. General
- a. Screens are not a focal point of the offense
- b. Post touches with his back to the basket are not ideal
- c. Missing lay-ups are okay
- d. Shoot a lot of 3 point field goals
- e. If there is a play that a player can make, let them make it
- f. Coach less and win

II. Keys to the offense
- a. Offense is geared to score as many points per possession as possible
- b. Beat your man; it is harder to defend the dribble than to defend the screen
- c. Drive to get a lay-up **first**, create second
  1. Commit one way and GO
  2. Avoid the pass to the ball side corner
  3. Avoid bounce pass through lane to post; instead bounce ball off backboard for post to catch
- d. Hard cuts will open up the drive lane
- e. Send 3-4 guys to the offensive glass

III. Miscellaneous
- a. Coaching is learning and helping
- b. Help another coach
- c. Be stimulated and learn
- d. Add one thing for every player to work on, every year
- e. During the season, it's about what is best for the team; in the off season, it is about what is best for the individual
- f. The goal for your team is to be having fun at the end of the year

For more go to coachcalipari.com, click on videos, and then click on style of play