

Building A Program

Coaches must understand that they will at times have to **SUCK SCUM**— Example of Coach Wooden sweeping the floors at UCLA...Pay your dues.

One off-season John Wooden studied the dictionary. Keep your mind alert

"You can't use

every good idea

...you must find

the ideas that

best fit your

program." —

DM—

Know your team—

—who is your best screener

—who is your best poster

—who is your best finisher

—who is your best post feeder Post feeders—if you don't have a feeder, why post?

In a survey of 500 richest people in America, they gather 10 traits and a major one was that **they took prolific notes.**

—Sam Walton lived with a yellow pad

—On a trip, Walton took family to hotel and then visited stores to ask questions, take notes.

—Has camp coaches take notes to set example for campers

At camp, has campers say "yes sir, no sir, please, thank you" as well as pick up trash.

JOHN WOODEN'S SEVEN-POINT CREED

Seven things that Wooden's father told him to try to live by when he was young.

#1 — To thine own self be true, and it must follow, as the night the day, though canst not be false to any man.

#2 — Make each day your masterpiece.

#3 — Live each day as it should be lived. Never leave until tomorrow what can be done today.

#4 — Help others. A perfect life can be lived in helping others.

#5 — Drink deeply from good books. The Bible is best

#6 — Don't take friendship for granted. Study friendship and make it a fine art.

Why am I coaching? Build a foundation — not just a coaching foundation but also a philosophy of life. How do you treat people?

"Ask your veteran

players to teach

your rookies... your

team will take on

the dominant

personality of your

seniors." —DM—

Men coaches not as hungry as women; White coaches not as hungry as black coaches; If you don't have the zest, get out!

Don't worry about the other guy—take care of yourself and your players.

Listen to older coaches (Ex: Knight) Pick out programs to study.

Keep a coaching notebook—write other programs for basketball information. Tape their games on television; tape Roy Firestone (great interviews); ALWAYS KEEP A TAPE IN THE VCR.

Problem Areas For Youn[^] Coaches

#1 — Transition Defense

#2 — Zone Offense

#3 — Press Offense

#4 — Rebounding—ALL COACHES

Parents would rather their kid be All-State than win a state championship!

Guidelines For Player Notebooks

"All coaches

should study

John Wooden."

—DM—

#1 — Academics (first sections!)

#2 — Motivation

#3 — Defense

#4 — Special Situations

#5 — Offense

#6 — Scouting

Use notebooks every day (in-season, off-season); use in camps also. Use before, during, and after practice

Time Management (Mark McCormack)—

—get a system;

—stick to it;

—write everything down (retrieval)

Franklin Planner — (Power Page)

"It doesn't matter

where you coach,

it matters why you

coach." —DM—

Must keep up with contacts; contacts critical to career success. Use laptop with biography of contacts

John Wooden — "Love & Balance"

How many kids today play for the love of the game? When you focus on humiliating your opponent, you won't be successful.

Read Frosty Westering's book, ***Make The Big Time Where You Are.*** (206)535-7665

Norm Stewart — You've been hired at Missouri. What are you going to do to improve things for next year?

"Learn to handle winning

because success can

destroy you easier than

failure." —DM—

Haunted House of Hoops

—Great promotional idea

—Done on Halloween night

—Players give out candy

—Have dunking exhibition

—Parents love it

—One of the best things we do in promotional area

Another promotional idea — Free drink coupon on back of ticket from local fast food chain.

Team thing—hospital visits.

Nice to find ways to get your alumni back.

"Don't do the

right thing for

the wrong

reason." —

DM—

Stay Here, Play Here. Win Here

To STAY here—Be committed on academics, having class, doing the right thing, to the program.

To PLAY here—Be committed to hard work, becoming a smart player, a team concept and a winning attitude.

To WIN here—Believe in our system, believe in yourself, believe in your teammates, believe in your coaches.

The 10 Commitments of Bison Basketball

1. I Will Be On Time.
 2. I Will Be In Class And Up Front.
 3. I Will Attend Chapel.
 4. I Will Study.
 5. I Will Get Rest.
 6. I Will Eat Right
 7. I Will Avoid Drinking, Drug Use & Smoking.
 8. I Will Dress Appropriately.
 9. I Will Take Pride In Our Facilities.
 10. I Will Believe in ARETE.
-

Greek word that means being the absolute best. It is not being better than someone or something else. It is being the best that you are capable of being.

Selecting A Team

Point Guard—must handle ball, make solid decisions. Post—doesn't have to be your tallest player; be able to get open, stay open and catch the ball. Athlete—if you can get the ball to an athlete in the high post, you can break down any defense. Dork—principal's son; banker's son.

*"Try to be the
best team on
your schedule."
—DM—*

Rules For Dork!

- #1 — Pass & Go Away;
- #2 — Pass & Screen Away;
- #3 — Pass & Replace Yourself;
- #4 — Ball Screen (non shooter can do this)
- #5 — Be Substituted For.

Knight — "see the whole before the part."

Relate basketball to life! It's tough to be an individual that stands for something. Be a man/woman.

Preparation—easy to harvest the wheat (but you must plant the seed and take care of the crop before.

First Things First

		URGENT	Not Urgent
I M P O R T A N T	N O T I M P O R T A N T	I 20-25% 25-30%	II 65-80% 15%
		III 15% 50-60%	IV less than 1% 2-3%

bold type represents high-performance organizations
normal type represents typical organizations

Urgent	NOT URGENT
I • Crises • Pressing problems • Deadline-driven projects, meetings, preparations	II Preparation Prevention Values clarification Planning Relationship building True re-creation Empowerment
III • Interruptions, some phone calls • Some mail, some reports • Some meetings • Many proximate, pressing matters • Many popular activities	IV Trivia, busywork Junk mail some phone calls Time wasters 'Escape' activities

Taken from *First Things First* by Stephen R. Covey
Merrill & Merrill; Simon & Schuster Publishers

Check, check and re-check (but never trust) David

Livscomb eoals for upcoming season—

- set as many illegal screens as possible;
- knock down anyone who screens us;
- major emphasis on conditioning.

"For every one
hundred people
that can handle
failure, there is
but one who can
handle success."
—DM—

Good teams have 1 or 2 guys that do the dirty jobs (take charges, get on the floor etc.). Great teams have all their guys doing dirty jobs.

Try to be the best team on your schedule.

No rule says you have to guard everyone.

Don Nelson — "Less is more."

Also Don Nelson — "For everything you add you must subtract something."

Bob Knight — "Don't complicate winning."

*"Winning sometimes
makes you forget
about where you are
and your values." —
DM—*

*"You can't want
something for
somebody more
than they want it
for themselves.
Still as coaches,
we do."
—DM—*

Good/average players have a variety of shots;
Great players hit the same old boring shots...Vie Braden

How do you measure how good you are? Remember its more than just basketball.

Take a little from the clinic, not everything. Try to correlate ideas with your personality and program.

John Wooden — "Good things take time; and they should."

Can't throw money at problems.

***There are jobs where you CAN'T win. Stepping stone vs. Kidney Stone.

Pat Head Summitt taught 6 classes, took 3 classes for \$6,000 her first year of coaching.

Gender equity—don't kill the goose that lays the golden egg. Don't copy men's program mistake.

Importance of shared suffering—US Olympic coach took women's volleyball team and left them in the hills for two weeks. They became a team

How do you divide one bowl of soup between two—
—Have them **SERVE** each other! We are at our best when we are serving each other.

Only you have to know your motivation.

Unconditional Love and Acceptance = UCLA

Bill Parcells—Confidence comes from demonstrated ability.

In 30 seconds you can ruin a life with your attitude; players are your children; BE THE MAN/WOMAN!

Love your neighbor as yourself.

Know what you can control.

What is your addiction? — strive for balance.

Really good coach = toughest to please is himself.

"Your greatest

feeling are

expressed in

silence," —

DM—

Passion, Duty, Burden. Where are you on relationships and your job.

Bill Russell — I'm a man teaching men how to play basketball.

2nd half warm ups are more important than 1st half.

LOYALTY — It must be demonstrated; you can't buy loyalty by paying people more than their worth—you command loyalty by being a stand up guy. It must also be understood that loyalty is a two way street.

Pete Newell—In the NCAA Tournament, even if you don't press, press the 1st few minutes just to say I'm going to be aggressive. Avoid Super Bowl stupor.

Roger demons — I'm going to whip you physically and if that doesn't work then I'll start thinking.

"Those who work the hardest, surrender last."

"If you're going

to bite butts with

a bear, don't let

the bear have the

first bite."

*—Bob Hamilton-
UCDavis*

W **ETHIC**
O **HABITS**
R **TOGETHER**
K

Sign in David Lipscomb locker room—

BE A PRACTICE PLAYER FIRST

On set plays, go with post option first, 3 point shot option second.

Don't assume they know too much.

*"You can't
make someone
a leader; you
can name
captains, but
not a leader."
—DM—*

Army motto — "check, check, re-check."

Be able to laugh at yourself.

Critical to improve fundamentals and shot selection.

Pete Newell's Rule — "Get better shots than your opponent and get more of them." This applies to all phases of the game.

"REBOUNTING WINS CHAMPIONSHIPS"
Rebounding effects every phase of the game.

"Tuxedo Player" —Morgan Wooten's term for a soft player.

Abe Lemons — You make enemies faster than friends. Don't screw with the program. "Lifer" — coach for life.

Lamar Hunts credo for success...

- #1 Determine what you want;
- #2 Determine what does it cost;
- #3 Determine will you pay the price!

*"It all starts at
the top. If starts
with me. If my
lads are soft,
then I must be
soft." —DM—*

James 3:13 Humility comes from Wisdom.

The strength of pack is the wolf; The strength of the wolf is the pack. — Kipling—

Wall Of Shame—Hutch Coach—keeps negative articles of players on the wall.

"Even if you
aren't loved, still
love them." —
DM—

"You feel
important
when you're
coaching your
team. Put a
shell around
them and
protect them."
—DM—

DAILY PLAYER DEVELOPMENT PLANNING



Pass out key chains, pens, desk clocks — promotional ideas — make them classy and visible.

Chemistry is important — example of Seattle Supersonics with talent in Kemp, Payton, Pierce but no chemistry.

Duke University — Players play much better when they leave than when they came.

Nothing stays the same and you must be willing to change. You must adjust with the time

The Four Basic Human Needs

- #1 To live;
- #2 To love and be loved;
- #3 To feel important;
- #4 Variety

Terry Holland named his dog Dean Smith so that he could beat Dean Smith when he got home.

PLANNING TIPS

"It is what
other people
see in us that
makes us like
them.' —
DM—

- #1 — Plan your week on Sunday
- #2 — Plan the next day the night before (critical)
- #3 — Exercise
- #4 — Say "no" (can't tackle EVERY project)
- #5 — Take mini vacation (don't take long vacations)
- #6 — Keep a journal (not on what you do but what you learned)

TPLANNING

APPOINTMENTS	ACTION FLOW

"It's hard not to
like somebody that
likes you." —
Ralph Turner—

10 AREAS OF ORGANIZATION

- Spiritual
- Servant (give something back to the game)
- Spouse
- Family
- Fitness (drink water and fluids)
- Program Ideas (equipment, grades, meetings, scouting, etc.)
- Recruiting ("**Everybody recruits**")
- Summer Camps
- Clinics
- Tapes

"Your style
doesn't
matter but your
philosophy must
remain
constant." —
DM—

We should all take PSA Blood Test for prostate cancer.

PLANNING FORM FOR PLAYERS

TODAY'S TOP PRIORITIES

ACTION LIST

You should never plan a vacation unless there is a possibility of professional advancement (tax purposes).

Scrimmage and game notes for players (form #10) Right way and wrong way to do this.

Individualize video for players.

Team perception test — well into practice sessions but before first game, (add best screener, best poster, best feeder to our own test at LSU). ***Don't let them see it*** Give test after they have worked together.

*Have t-shirts printed with acrostics for "Team Attitude".

How much better would your team be **if every** player took a charge in a game.

Charlie Spoonhour — Make 3 consecutive defensive stops; plays one basket games.

Time all your running — Dictatorship. Your time is the only time.

David Liyscomb Four Corner Passing Drill flU

***may use basketball or tennis balls

***let players run drill, change directions

* * *require jump stops

***chin the ball

***go to the right, pass w/right

***chest pass only to advance ball up the floor

***call for every pass (communication)

***"uncoachables" — you are "so smart" we don't have to coach you, just condition you.

Frozen Push Up — better then tearing their legs up, got from Indians listening for Buffalo.

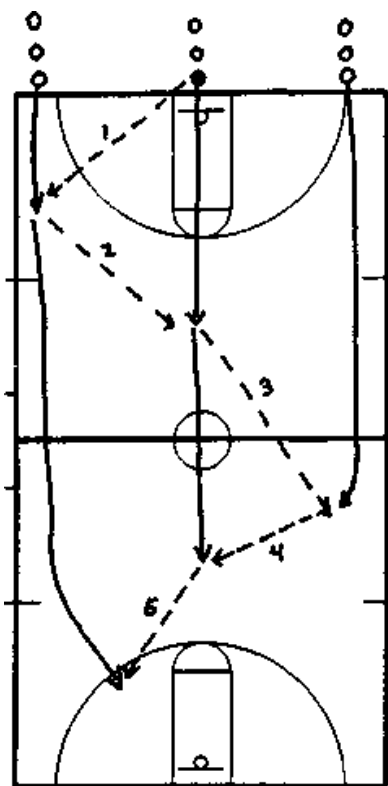
Tell players, "John remind me to tell them this tomorrow." Constantly test them.

Morgan Wooten — Catch the ball with your feet, eyes, and hands.
Feet get you in position to catch.

Rick Majerus — Shorten the pass.

John Wooden — Block it, tuck it into triple threat.

3 LANE PUSH



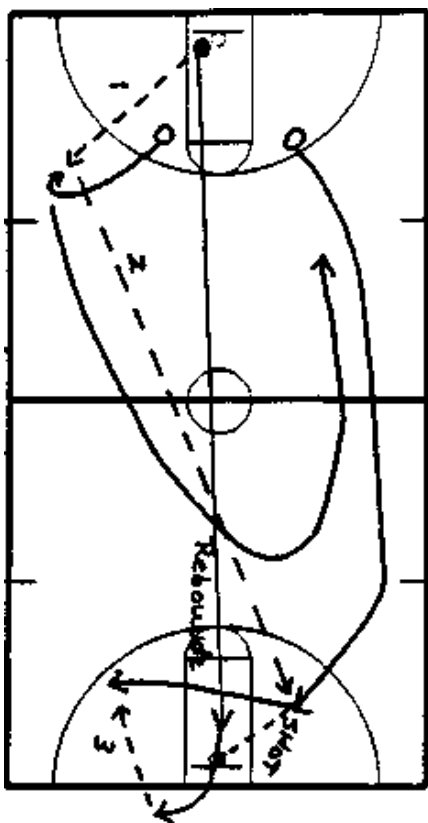
Ralph Miller "3 LANE PUSH"

***Go back other way no dribbling

***Call out: "best finisher"
"middle jumper"
"best 3" "best poster"

Rebound elbows for
3-point shot at the
top.

PRO BREAK



Pat Rilev — "PRO BREAK"

***PERFECT means the ball never touches the floor, no violations and the lay-up is clean.

***Goals are off the glass, no rim.

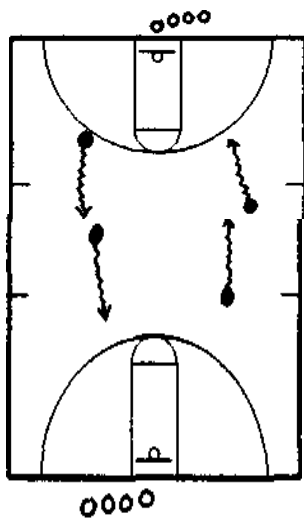
***Pair up a veteran with a rookie.

***2 trips (if perfect) rebounder stays in the middle.

***Finish up with free throws.

*"Our (coaches)
perception is the
most important
because the
inmates don't
run the prison."
—DM—*

KENTUCKY LAY UP DRILL



*"Players that
are afraid to be
embarrassed
will never
be great."
—DM—*

If you are aware, you must communicate.

2 foot power up for lay ups.

Drills need to correlate with system.

Always ask "why?".

Can't pound kids physically and mentally everyday.

More Olympic gold medals are lost by overtraining than undertaining.

Practice must provide toughness and communication;
move quickly to drills.

Rick Pitino "Kentucky Lav Up Drill"

- ***80 in 2 minutes
- ***Make it in 3 dribbles
- ***Make the lay up cleanly
- ***No violations or turnovers
- ***make them every time try to make one more
- ***rip the ball out of the net

3 days weak hand to one day strong hand...3/1 ratio.

Instant replay correction right away.

John Wooden — Scold then reinstruct; stern but calmly.

Great book — "Are You Watching Adolph Rupp" by Dan Doyle.

Get to know kid before making adjustments. Watch him play.

Make em' think.

"Every player

•wants to be

taught if he

really wants to

be a player."

—DM—

CHAPTER 2

You can be the greatest coach in the world but you can't get a jackass to run in the Kentucky Derby — you need a thoroughbred that will respond.

Use notebook **AFTER** practices.

—what was good;

—what was bad;

—what can do better;

—ask them what they write;

—look at their note books.

Provide individual work time, especially for those players who truly LOVE to work on their game.

It's not just what you say to them but what they think.

PRACTICE PLANNING

Some players only hear when you whisper. David

Lipscomb program has overriding purpose.

Use a phone chain to get messages to players—gives them responsibility.

Have you ever seen a great program that doesn't have great communication.

Have players call out the drill.

Paul Patterson — "I don't know if you develop leaders as much as you chose them."

Reduced Rims — Hauff Sporting Goods — Sioux Fall, SD

Toss Backs — Gared (use in off-season) Let kids have input in equipment.

Scheduling can give you early success and help build confidence but you can't over do it. Remember: "You don't get strong picking up sticks but you can get killed when the big trees fall on you."

Success builds success.

"The most

enjoyment I get

comes from

working one on

one with

players." —

DM—

*"To win
championships,
make your lay
ups and free
throws." —
DM—*

When you are highly ranked, every game is a tough game.

Make notes on practice plan to talk to kids.

Give new rules to players — Illustrated Rule Book

**June 8-10, dates for 1995 Don Meyer Coaching
Academy!!!**

Use LMU break drill and each player has to score in 5 trips in 32 seconds.

CHAPTER 3

PERIMETER PLAY

Never pick up your dribble without a pass or a shot.

Camp—have campers write a note home to who was responsible for sending them. (Great idea, tell Dale)

Not everybody can be an assist passer. Make the easy pass.

OVERLOAD — Work at high rate of speed, 2 balls, 3 to 1 ratio.

More good people in program, bigger impact later in life.

Conditioning — Fleas in a jar — don't limit kids by putting a lid on them.

How well did we do? North Carolina Blue Team — "we won the game 3 to 2 when we were in."

1st thing on press offense, guards look to run.

Against trap, look for one guy in trap to beat, don't try to beat them all. Look at the net and see the whole floor. Nate Archibald rule.

*"You are a
poor specimen
if you can't
handle the
pressure
of adversity."
—DM—*

*"There is no
greater
compliment
than for a
player to be
told that he
makes his
teammates
better." —
DM—*

*"If you want to
know how to
break a press,
ask a coach
who presses; if
you want to
know how to
attack a zone,
ask a good zone
coach." —
DM—*

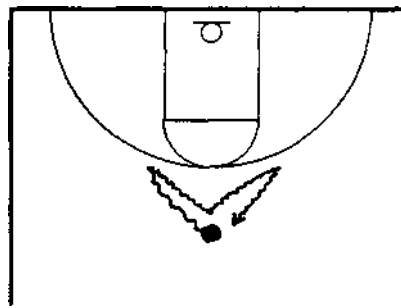
If you can't catch facing, then turn, look, and go.

Play with back to sideline and butt to baseline. See the largest amount of floor possible.

When in doubt, you must see the ball—"I saw the gun fighter but I didn't see the gun."

Always have three available receivers.

PULL BACK CROSSOVER



- *push on defense
- *keep toe pointing in direction you are going
- * don't bring heels together
- * CRITICAL vs. run and jump and zone defense.

Never penetrate baseline vs. zone unless you have a baseline drift pass available The baseline drive does not distort the zone.

Dribbling on the arc, pick spots vs. zone.

Best conditioning test for guards—dribble length of the floor five times down and back in one minute.

2 ball dribbling is great for developing handlers.

Work fast enough to make a mistake; if you don't make a mistake you're not working fast enough.

Take ball below (or above) the line of the post to improve your passing angle.

"Basketball is

simple when you

break it down."

MIKE ROLLER

GETTING OPEN

#1 V-cut

#2 4-second transition (on defensive rebound, we want to post up in 4 seconds or less)

#3 I-cut (stepping up the lane to create passing lane.

#4 Step Out (short corner on drive)

On the v-cut, read the defense; if he is high, start him high and cut low; if he is low, start him low and cut high.

SEALING

First contact with the defender should happen from the waist down.

Seal with your feet—not your upper body. A upper body seal won't work against a strong player.

To get open on the seal you can—

—step over and sit down;

—pin and spin,

When sealing, try to make the defender take one step backwards. Good philosophy for defensive rebounding as well—when blocking out, try to make the offense take one step backward.

Sealing Teaching Points—

—check their backs;

—don't lean, keep back straight

—keep hands out and in front.

"Oneperson can

not guard you in

the low post."

MIKE ROLLER

CHAPTER 4

POST PLAY

Many correlate post players to size and this can be a mistake. You must have good inside game to be successful on offense. Don't get caught up on size — ***identify who can post up.***

*"Don't cut a big
kid who wants to
play; cut the big
kid whose mom
wants him to
play."
MIKE ROLLER*

5 ATTRIBUTES FOR POSTING

- 1) HEAD
- 2) HEART—WANTS TO POST: LIKES CONTACT
- 3) HANDS
- 4) FEET
- 5) ABILITY TO SHOOT

Make sure post players can shoot.

MASTER THESE FOUR THINGS IN THE POST

- A. Get open (where you can score)
- B. Stay open/by sealing (seal out, seal in, set for lob)
- C. Safely receive the ball (don't accept bad hands)
- D. Score Simply (not simply score)

"Sealing is two things—making contact and then keeping contact."

MIKE ROLLER

A great way to simplify the term "PASSING ANGLE" is to tell your players to get the ball in a position where you can see the numbers on the jersey. You must see those numbers on his jersey before you can pass the ball. Throw the ball away from the defense.

We want to hold seal for 3 seconds—5 seconds in practice.

Need to have a height advantage for lobs—also need to clear offense out.

SETTING UP FOR THE LOB

- 1) Seal in once before you go for the lob to gain area.
- 2) Seal out using the hip.
- 3) Remember that the only time you have control is when you make contact.
- 4) Turn your chest to the baseline.
- 5) Passer- Throw to corner of backboard.
- 6) Receiver- Both hands above shoulders.
- 7) Hold your contact at the hip until the ball is directly above your head, then release.

"The best position for the lob is when the ball is above the free throw line or up top—it eliminates help."

MIKE ROLLER

When you do release your seal — and most players do release their seal to soon — hold your seal until you have to go get the ball. Hold it as long as you can.

Get Roller's book *"Offensive Low Post Play"* at the next intermission.

*"If a player has
trouble catching
the basketball,
check his
technique first"*

MIKE ROLLER

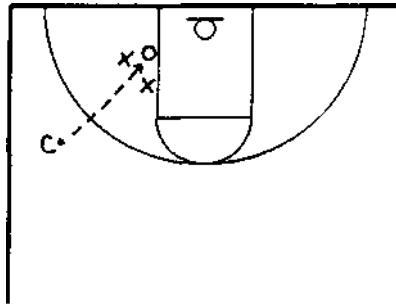
Overload principles are good for improvement.
Examples:

Play pass & catch using only one hand;
2 Ball Passing (use two tennis balls; use one tennis ball and
one basketball; air pass and bounce pass
combined).

Back To The Passer Drill

Bad Pass Reaction Drill

Distraction Pass Drill — set up two defenders in the low
post on the front sides of the offensive low post
player. Have someone feed the post with the
defensive players trying to distract the offensive
player without touching the basketball.



SCORE SIMPLY

*"You don't need
100 low post
moves to be
effective in the
post."*

MIKE ROLLER

"Less is more" — Don Nelson

Kareem Abdul-Jabbar had two moves his entire career
(the sky hook and the drop and go the other way)

Tell them what you want them to do:

#1—Shoot the ball closer to the basket than where you
caught it;

#2—If you catch the ball with a foot in the lane, you don't
dribble;

#3—If you catch the ball outside of the lane, you have one
power dribble.

"A low post
player can be
very effective
with one go to
move and one
complimentary
move."

MIKE ROLLER

"The better your
postplayers are,
the more they
will be
played from
behind."

MIKE ROLLER

BASIC LOW POST MOVES

- #1 Turn around jumper/baseline off glass;
- #2 Drop step baseline—step, dribble, hop;
- #3 Drop step middle:
- #4 Step through—show the ball when you pivot (like a shot fake).

"Step, dribble, hop—toes should be pointing to the baseline because this can put the defense behind you."

Good drill — "25 Pivots"

JUMP HOOKS—lead with arm/chin/ball; *TEACHING POINT: 12:00 release instead of 2:00.*
Jump hook is better than sweeping hooks.

RELOCATE—Low post passes the ball back out and then pushed back in.

When you catch the ball, commit to a half turn to help you read the defense.

You always want contact on the seal and on the shot—if the defense leaves his feet, make sure there is contact.

WEIGHT PLATE POSTING

***Great idea—have player in posting position holding weights in each hand in proper position for as long as possible. (Tell Nick about this).

Recommended Videos

- *Movers & Blockers by Dick Bennett of Wisconsin (Green Bay);
- *Motion Notebook from Duke University;
- * Jim Tillette of Samford, motion instructional video.

Idea—Saturday AM Clinics—for youngsters; Teach ball handling drills and have them perform at halftime of your home games.

MOTION OFFENSE

Motion Principles

"Adolph Rupp
sold 'if you want
to win a national
championship,
run angle post'".

—DM—

#1—Get players above the motion line/volleyball
/iltg_ (need both horizontal and vertical stretch); any good
offense spreads the defense because a bunched up defense
can beat you; spreading the defense allows spacing for better
cuts and keeps the defense away from the post area.

Kenny Anderson — "You must have an inside game, an
outside game, and penetration." A double low set takes
away one of those.

Two post men take away driving and finishing.

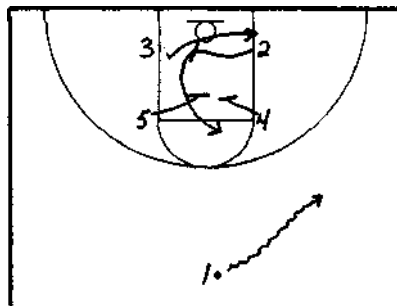
#2—Get the ball to the center of the floor (best
thing about the 3-point arc is that it develops spacing; most
dangerous man on the floor is the man who passed the ball;
CAN'T HELP WHEN THE BALL IS IN THE MIDDLE.

Back screen against pressure; down screen vs. sagging
defense.

"Slowdown
the ball; don't
be afraid to
hold the ball
up top."

—DM—

PHOENIX



***Use Phoenix on teams that jump to the ball;
use double staggered screen on teams that
play man oriented defense and don't jump to
the ball.

Motion offense is—

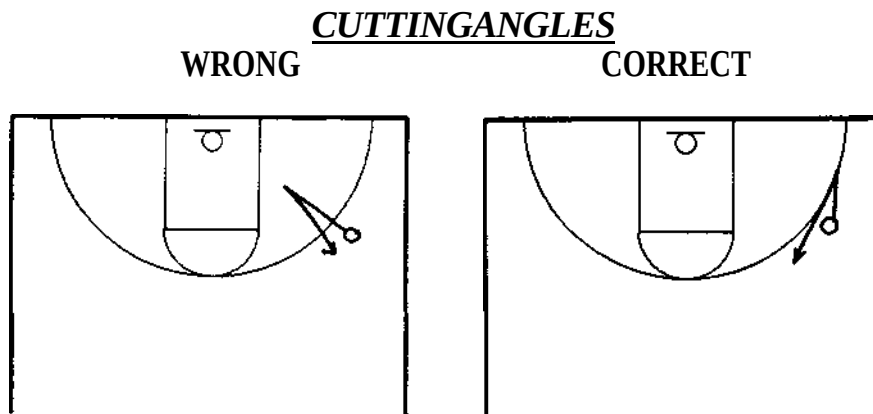
- Passing (moving the ball)
- Cutting (moving people)
- Screening

(Don't screen for everybody)

Want 2 side changes (except for excellent shooter) before a perimeter shot can be attempted.

Non-shooter — make him a basket cutter; cut 6 feet away from post man (can drop pass to cutter).

Cutter—set man up outside of arc; reading defense is easier if you are wide—being wide also cleans up the post.



3 On The Side

#1 Get ball in the middle;

#2 Make basket cut (take advantage of jumping to the ball defenders);

#3 Swing basketball and fill;

#4 Stay high and wide on cuts.

Back to the ball screening angle is the hardest to defend; come to a jump stop on screen after calling teammates name; grab shooting wrist.

"The three most important rules for a cutter are wait, wait, and wait."

—DM—

"Possums play dead at home, and they get killed on the road."

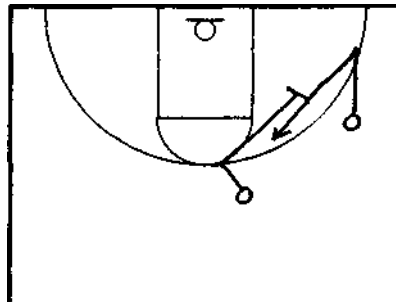
—DM—

Most illegal screens are caused by the cutter; stay wide when you walk; **CRITICAL**—WATCH THE DEFENSE, NOT THE BASKETBALL.!!! Ball will come to the action; rub off—shoulder to shoulder—(grab elbow) use hand targets.

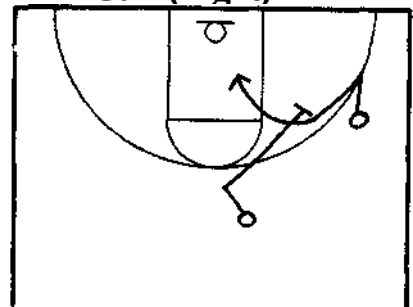
*****The screener is the second cutter!!!**

MOTION'S FOUR BASIC CUTS

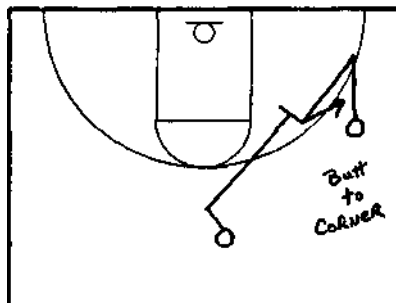
Pop UP (Straight)



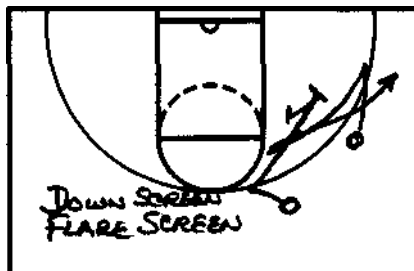
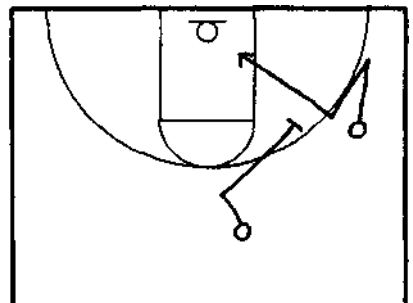
Curl (Tight)



Fade Cut (Pop Out)



Back Cut



Teaching Point on Fade Cut: Butt should be to the corner on Fade Cut

RE-SCREEN (shown to the left) is extremely difficult to defend.

Get as much of the "circle" as you can on the down screen.

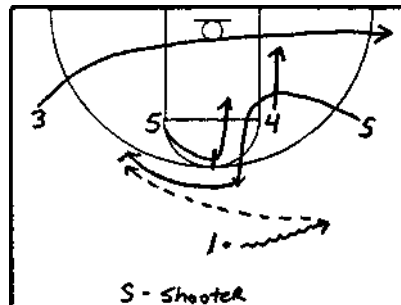
Basket cuts make everything look alike—makes the defense guard you.

AGAINST SWITCHING DEFENSE

Back cuts are hard to defend for those who switch. Slip screen vs. the switch (Indiana the best).

"QTAYSERIES"

"Only run special plays for special players; find plays that fit your players."



—DM—

Post on flair (switches) slips; Otay-Loop-Flair.

MOTION ALIGNMENTS

- 1 Means 1-4 play;
- 2 Means 2 perimeter;
- 3 Means 3 perimeter;
- 4 Means 4 perimeter.

"1 Ernest" means Ernest is the single post.

All plays go into motion; no pressure in life like time.

*****Run play for post player first—emphasize post first on every play. Use same alignments on different plays and it will make it difficult on opponent scouting you.**

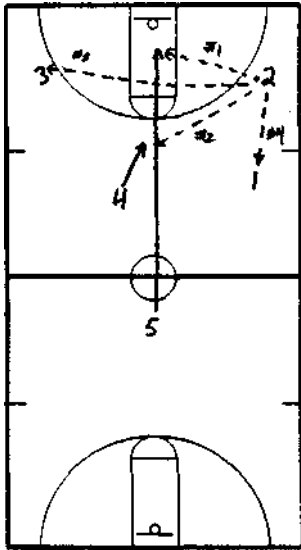
Need vocal and visual clue for plays.

Regarding Plays...

Best post on ballside block with best feeder on the same side. Get movement on the other side to occupy helpside.

CHAPTER 6

SECONDARY BREAK



It is very important for the 1st post down to FIND the defense and then make CONTACT.

OPTION #1 — Pitch ahead to wing. Look to post.

OPTION #2 — Hit trail. Look to post. OPTION #3 —

Skip pass to opposite wing. OPTION #4 — Pass pack out to point guard.

(Pitching ahead will flatten out the defense. Run lanes hard and wide.)

SECONDARY BREAK PROGRESSION

2 ON 0 POINT POST—Outlet, push ball and then feed the post.

3 ON 0 BALLSIDE—With a point guard, a wing and a post player.

3 ON 0 DIAGONAL—(LMU)

4 ON 0—Two perimeter, two post.

5 ON 0

Make little rules to fit your team.

"It's very important that you know where the help is coming from."

—DM—

"You should have your best poster or a poster with a best feeder or a feeder away from the ball preparing for feeding action."

—DM—

"Plays are for dead ball situations, 3/4 court defense. Switching makes it difficult on set plays."

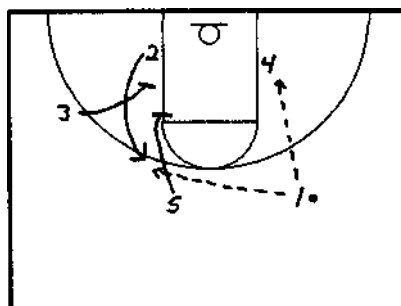
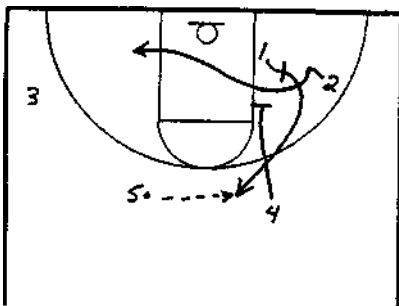
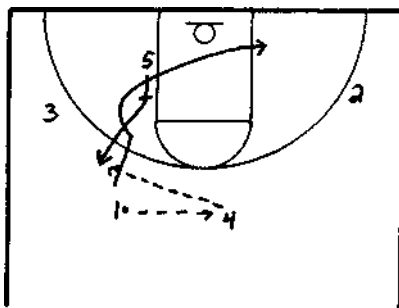
—DM—

Like the double staggered screen with big man setting the last screen to discourage switching.

"Caboose 'Em" — Trail the cutter. European

3 — Replace the penetrator.

UCLA — Special Against The Switch



CHAPTER 7

MAN TO MAN DEFENSE

Defense is important to winning but you must understand the importance of building your "TEAM". We rank the areas of the game as:

- #1 — Team
- #2 — Rebounding
- #3 — Defense
- #4 — Offense

We went 34-4 and were ranked #2 but kids didn't like each other. **Winning is not enough!** (Pick up Meyer's passout "How To Make A Team").

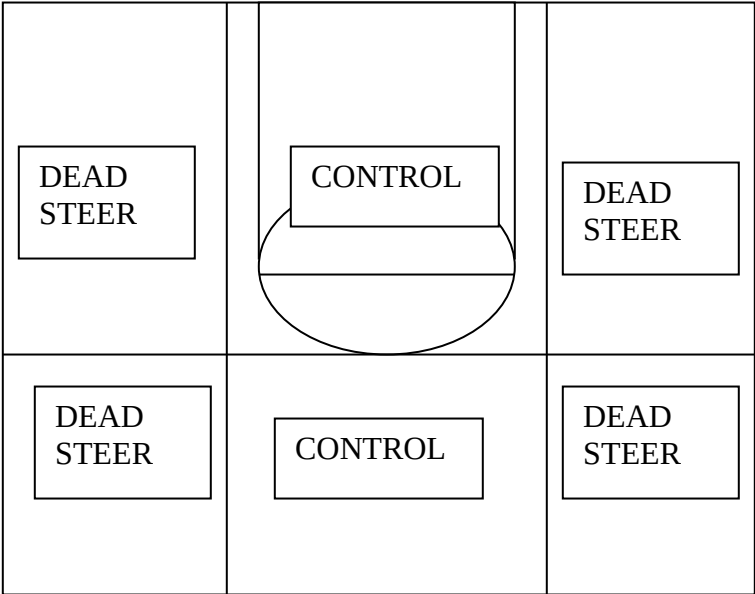
Defense is not fun so you have to make it extremely important to your kids. "If you want to play, you play defense. If you don't want to play, don't play defense."

On ball terminology "Control/Steer".

When the ball is below the top of the circle, it is a **dead steer area** and you play like your man has no dribble.

Middle of the floor is a **complete control area** and you want to stay between your man and the basket.

BALL DEFENSE— COURT DIVISION



"When the
offense brings
the ball above
his head, treat
it like a dead
dribble and
crawl in his
uniform."

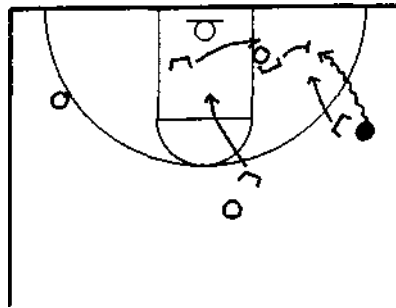
—DM—

OFF THE BALL DEFENSE

One pass away — you deny. Two
passes away — you help.

Ball above the top of the circle we want a flat triangle and
one step off of the passing lane.

COVER DOWNROTATION



"Ball penetration
will break a defense
down as much as
anything....!! just
kills your defense."

—DM—

TRANSITION & COMMUNICATION

FULLBACK — drops back deep (designated);

HALFBACK — goes to 1/2 court, looks to stop outlet; 3

TAILBACKS—**they** go to the offensive glass.

3 Step Transition — Turn to the inside, sprint 3 steps,
look over inside shoulder and find the ball. (Incorporate
into offensive shooting drills.

On the ball defense— "real ball pressure" = feet + hands;
not "scarecrow pressure".

Staggered stance, heal to toe; never plant feet on defense.
Use touch hand—we want to touch the ball. Get hand
above ball. Lead foot is touch hand.

Use "Second Step Cut Off" (make two steps and then cut
off); even Third Step Cut Off if necessary.

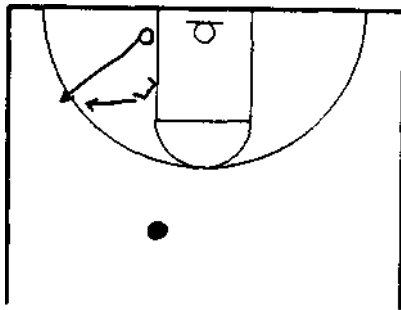
THE CLOSE OUT

Players do not know how to close out on the basketball and this allows dribble penetration which kills your defense. Close out principles are:

- #1 Sprint half the distance—then breakdown;
- #2 Close out short (bigger gap- 6-8 feet);
- #3 Close out with your weight back;
- #4 Hands up (take away shot), a.
Body—no shot b.
Position—no drive

"We want quick
help to ensure
early recovery...
we want the help
to come
OUTSIDE of the
lane as opposed
to inside the
lane."

—DM—



DENIAL

First, get your gap "up the line, on the line".
Second, your stance should be butt to ball, palm out, head on shoulder. Third, footwork should have you moving parallel to baseline. (They teach opening to the basketball).

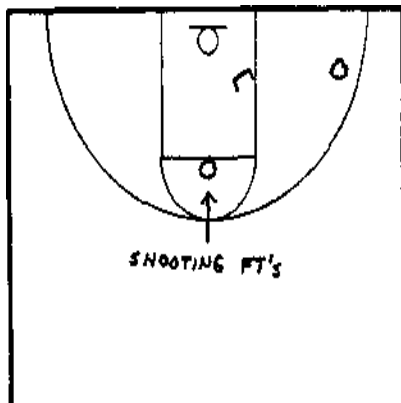
HELPS WE DEFENSE

It is critical to our defense that you always see the basketball. We want quick help and early recovery. We want to try to get our help outside of the lane. Helpside rebounding is critical.

Helpside rebounding drills where we shoot free throws and work on helpside blocking out at the same time.

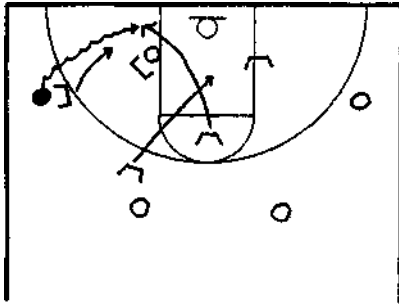
Ball comes off, help the distance; drive him to the baseline. You must work on rebounding in relationship to your defensive position.

Contest shot—put your biceps by your ear. Contest every shot.



DEFENDING THE 3-POINT SHOT

1. Emphasize no 3's to a 3 point shooter.
 2. Transition defender picks them up at half court.
 3. Screens for 3 pointer we chase around and force the curl cut.
 4. Staggered double, last guy setting screen must give help on shooter.
 5. Play him with hands above shoulders ALWAYS and make him put it down.
 6. No gap on catch (dead steer).
 7. Do not play the college 3-point line, play the NBA 3-point line.
-



X MAN HELPSIDE CONCEPT-We will experiment with it this year. Keep post at home and give help on driver with help side defender (as shown in the diagram below). Point guard does not block out but goes to the opposite glass to help out.

CHAPTER 8

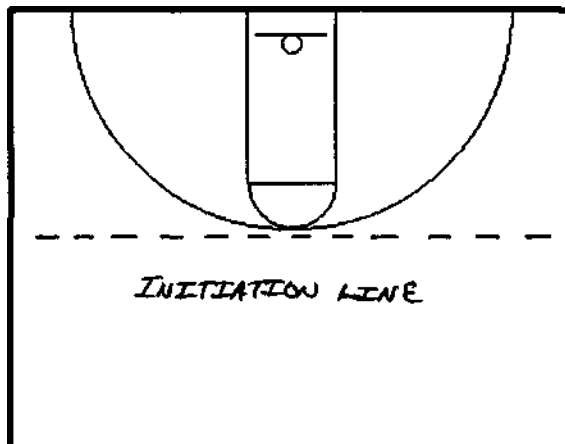
MATCH UP DEFENSE

Takes about 15 minutes to introduce it.

We have a new guard initiation line.

"It is important in our match-up that you guard a man and not an area."

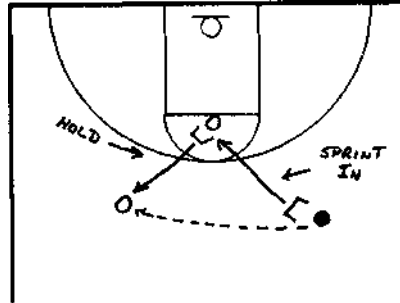
—RALPH TURNER—



GUARDS

Their primary responsibility is to defend the ball and defend the high post using man to man stance and man to man principles.

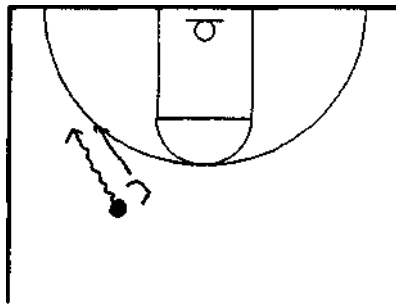
Guard to Guard Pass—you must communicate.



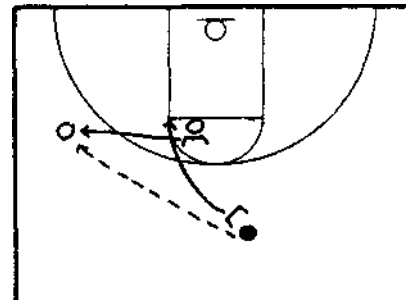
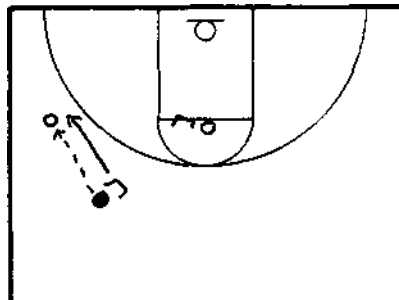
"If you get
screened, it
because you want
to get screened...
it's hard to screen
a moving target."

—RALPH TURNER—

On dribble, stay with the ball.



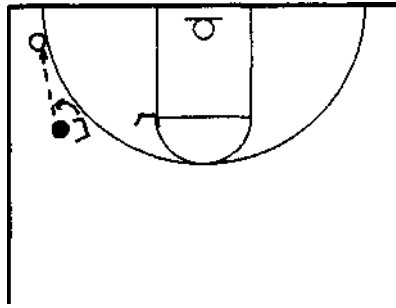
On guard to wing pass, closest man to ball takes it.



Wing to Comer Pass, deny pass back out to wing.

"A good match up
has players that
are always help
conscious."

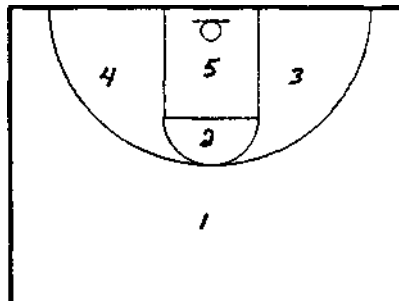
—RALPH TURNER—



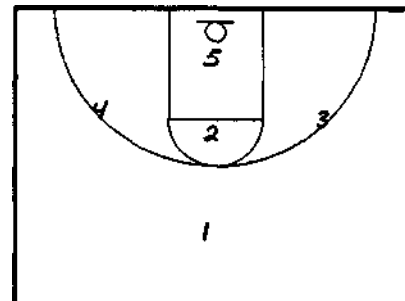
"Hoop position/widen out" and keep from being
screened in. Get butts to baseline, turn & sprint; must
communicate.

Fresno State alignment vs. Lipscomb alignment.

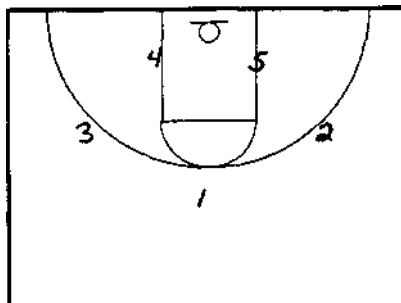
FRESNO



LIPSCOMB

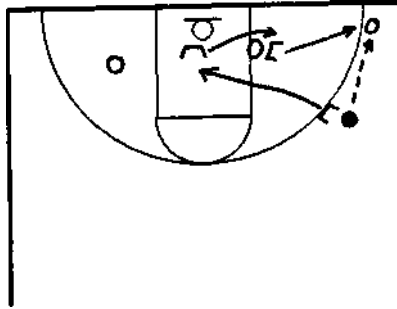


Lipscomb utilized this alignment to defend 3-pointer. Also use 3-2 alignment where post
stay home—good for helpside rebounding.



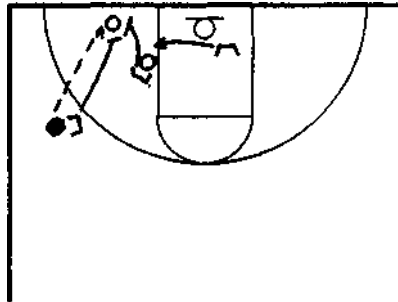
Only slide we use on wing to corner pass is "Up To Hoop".

"An important part of coaching is to eliminate excuses by players."



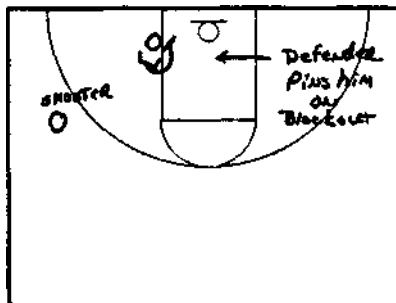
—DM—

We also trap all passes to the short corner and all baseline penetration. Encourage baseline drive to get the trap—"open the gate".



"To rebound from a fronting position in the low post, we teach our defenders to pin him like an offense seal and push him to the baseline."

Single best drill we use is "5 on 0 Wing-Corner-Out". We get 3 traps each side for a complete rotation.



—DM—

"It is important
to have as much
consistency as
possible between
your man to
man and your
match up."

—DM—

To attack a match up, take the ball to the baseline and then drive if off and into the middle.

On pass inside to basket—trap;
One pass away—don't trap.

You must be consistent in what you do defensively. For example, on the post flask, Duke forces the cutter low. On post to post screen they get above the screen and switch low. Indiana forces the post flash cutter high, and on the post to post screen switches that high cut while still taking away the low cut.

It is important that your match-up and man to man be related to be successful—exact same movements.

Utilize the press with the match up.

Write Southern Nazarene women's coach for a copy of their 2-3 Match Up Trap.

CHAPTER 9

SELECTIVE TRAPPING

Numbering System:

- 1 — Man To Man Pressure
- 2 — Match Up
- 3 — Man To Man Zippers (out of control, chasing, push to baseline, trap)
- 4 — 2-3 Flat Zone w/Trap

"Habits are
critical for
players...they
can't think—
and play well."

—DM—

Possible trapping rules include:

"Only trap their best shooter"

"Only trap one side of the floor"

Always keep the ball out of the high post.

Also play 5 which is a Man to Man Pack (sagging). A great man to man defense must be able to defend the delay. L means Lanes.

Skip-Skip forces them to run twice.

We want to pick who we want to trap. There will be times when we have to trap so we need to make it a regular part of our game.

You must have nine players to run and press. Need versatile players for depth.

Most common, trap point guard to make him give it up.

"Don't let the QB get the snap" guarantees a good defense.

"Enough can't be

said on the

importance of

getting the ball into

the high post"

—DM—

DORK TRAPPING

Leave the dork — trap the good player. Make the dork beat you.

STAR TRAPPING

Trap the star and make him give it up.

TRAPPING—VISUAL CUES

One Fist Up-trap the first pass (take away dangerous pass to the middle);

Two Fists Up- force up sideline and turn back into the trap / run and jump middle /

Side Fist- Trap 1st pass or dribble cross half court;

Two Side Fists- Trap sideline pass or dribble;

Cross Fist- Trap sideline.

No trapping in the middle of the floor unless it is a ball screen. Square 'em up before you trap.

"There is no
need to switch
on screens if
you aren't
going to deny."

—DM—

HALF COURT TRAPPING SITUATIONS:

Trap All Ball Screens—

- stay with trap;
- trap and recover;
- trap and switch.

University of North Carolina—

- talk it;
- touch it;
- switch it;
- deny it.

Trap all hand-offs and all baseline penetration.

You must SPRINT out of traps.

Trap out of your match up (2 trappers, 2 interceptors and 1 safety).

Vs. 1-4, trap from backside wing; also can go to match up vs. the 1-4.

Vs. the Flex, IU will take away the low cut.

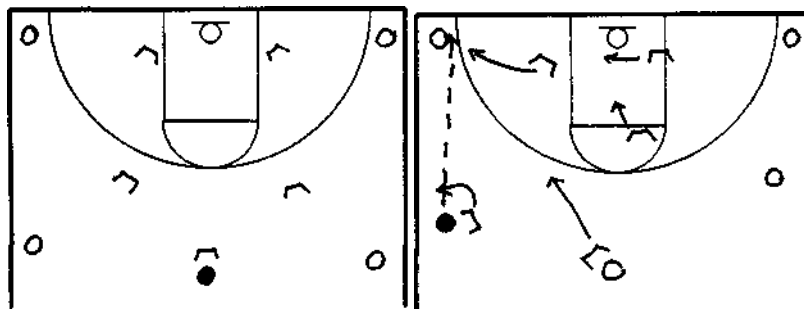
"You need to
switch if you
want to take
away the
swing pass."

Lipscomb vs. Flex—when center gets to middle, guards get out, switch everything.

Write Bernie Balikian of Hillsdale College in Michigan for his booklet on switching man to man defense.

—DM—

DELA Y GAME DEFENSE



"We like to have a special situation in the middle of practice...we want it live, just like in a game...just one."

—DM—

Use regular defensive rules when ball is on the side and pack it when the ball is up top. Don't let the point guard split you.

1st number of call is the actual defense and the 2nd number is the level of defense.

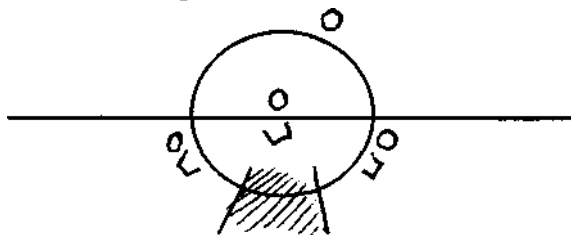
On ball screens, no rotation unless screener rolls.

50—Man on inbounder, all out denial "suicide". 40—Full court with centerfielder/denial. 30—Man on inbounder but first pass allowed. 20—Pick up above half court.

CHAPTER 10

SPECIAL SITUATIONS

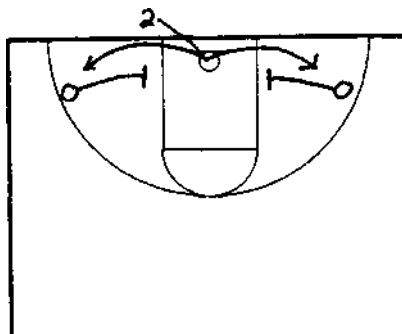
On the tip, create a sandwich and tip into the sandwich. Be aggressive off of the tip..



Defensively, guard their post man with a non-good offensive player and beat him up.

Late game we like to have a 3-point shooter to inbound the ball and look for a return pass.

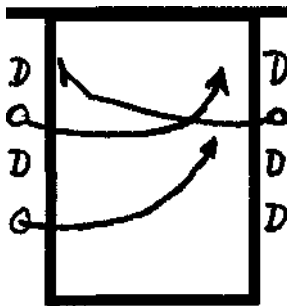
IU INBOUND UNDER



"Don't quit
coaching when
you're losing.
Champions
always look for
ways to win."

—DM—

On offensive free throw we X every time. Run off of the screeners butt.



Your jump ball—made free throw—pull man in lane and get double violation. You as a coach decide.

Late Game Situations

50 seconds to go you want 2 for 1 when behind.
"Make 5 passes" for extra clock.
Comeback game—dork foul only.

Sub 'em (rotate) = foulers, shooters, defenders.

"Don't quit
coaching when
you're ahead
and five subs
are in. Develop
young players."

—DM—

Giving a foul — USE THEM!! Terry

Holland best ever at platooning. "Give
yourself a chance."

You want to run the best program in the country and you should feel that way. You have got to know it and the kids have got to know it. Make the big time where you are.

FREE THROW SWISH GAME

+1 POINTS---SWISH
0 POINTS---MAKE
-1 POINTS---MISS

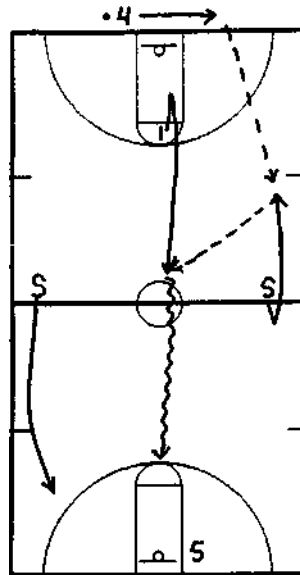
"The worst
four letter
word I know is
S-O-F-T."

"Are You Watching Adolph Rupp"
by Dan Doyle Stadia
Publishing
PO Box 1677
Kingston, RI02881-1677
(401) 792-5460

—DM—

Late game defending the 3's—
—switch everything,
—match up (4 perimeter, 1 stays in middle),
—trap good players.

6 Second Play



"Play off your great
player...great teams
have a go-to player
and they play off of
them."

S- SHOOTER

—DM—

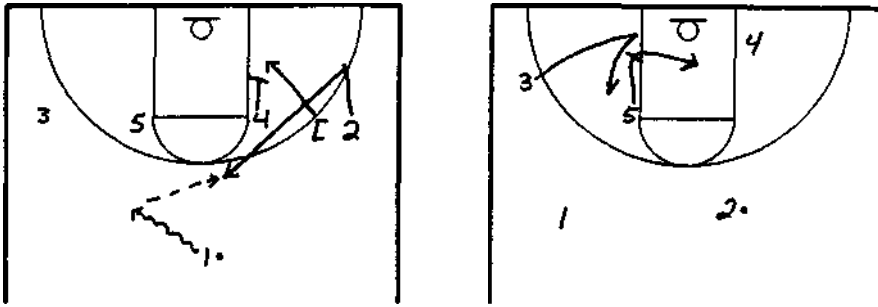
"Prepare To Win' /Bob Knight (show team).

Taught point guard to shoot as runner instead of jumper on last shot.

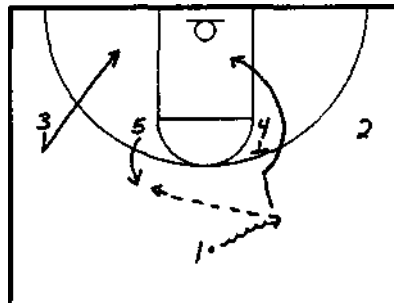
On zone secondary, reverse ball once before cutting through.

1-4 Moorhead

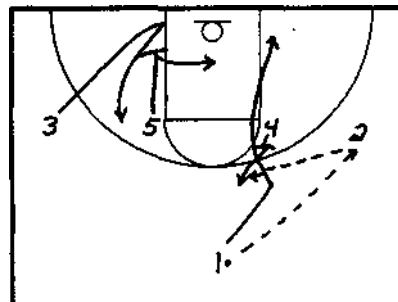
Regular Entry



Post Entry



Wing Special



"Use your best
players, not your
worst... sounds
simple but a lot
of coaches get
away from this."

—DM—

SHOOTING DRILLS

Perimeter Shooting—shoot and move to lines. Never go to rebound (defensive transition). Managers rebound.

4 TEACHING TIPS ON SHOOTING

- 1) KEEP IT STRAIGHT
- 2) GET IT UP (60 DEGREE ARC)
- 3) HOLD IT HIGH / 1 SECOND FOLLOW THROUGH
- 4) LAND 6 INCHES CLOSER (JERRY WEST)

"Put your two best players away from the ball and bring it back to them."

—DM—

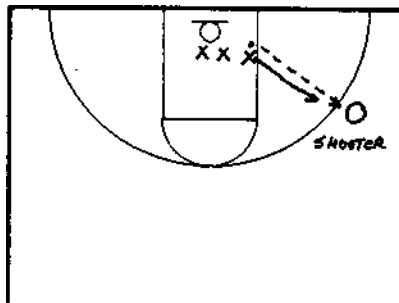
Meyer keeps note pad beside TV and writes down late game situations he sees on television games.

Shoot around — go over late game situations.

Send Meyer self-addressed, stamped envelope for his late game situations.

2 Balls, 3 Closers Out

Good drill—best 3 point shooting drill. Shoot from your spot. Passer passes ball out to shooter and then closes out while shooter shoots. Closer becomes new shooter and first shooter goes to end of close out line. Also use shot fake (with no foot fake—Ralph Miller). Two inch shot fake.



"If you have
only learned
from one
person, you are
in trouble."

—DM—

35 Shot Drill

Do with partner and alternate shots; all shots are guarded, lay ups must be clean, no foot fakes; do in five minutes. When you have finished, shoot free throws. Combines offensive shooting and closing out technique. Modify for post players.

- 5 Lay ups;
- 5 Jumpers inside the arc;
- 5 shot fakes outside arc, finish at hoop Oump stop);
- 5 shot fakes outside arc, one dribble for jumper;
- 5 3 pointers
- 10 random, read the defense

Two On Two Rotation

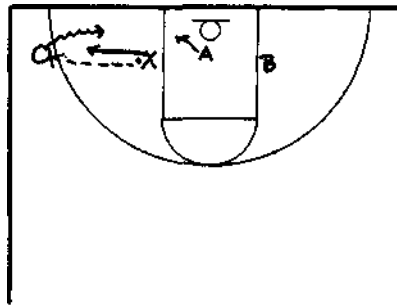
Drive on close out shooting drill; works on offensive technique, shooting, helpside and helpside blockout.

O receives pass and looks to drive on closeout. X closes out playing the drive. A is in helpside positioning to give help. B is offside rebounder.

On drive, A should be coming over to help and on any shot, A must recover and block out B.

"Be quick
but don't
hurry."

—John Wooden—



Odds& Ends

Teach, learn, develop attitude—our only chance in life.

Financial notes for coaches:

"This is a direct
correlation
between defense
and toughness.
You can't have a
tough team
without defense."

- mileage (.28 cents on income tax)
- meals (record any under \$25/receipts over \$25)
- books/tapes (deductible)
- office supplies (deductible)
- coaching clothes, shoes, whistle (deductible)
- vacation (deductible w/clinic or job interview)
- get disability (20 year level term)
- incorporate for liability
- watch credit card trap
- build your home (nice home/cheap car)
- don't use insurance policy as investment
- Give children \$10,000 they don't pay taxes
- Home equity loan
- IRA/matching funds
- 50% of other guys meal is deductible

—DM—

Meyer likes Charles Givens' books.

Still uses Franklin Planner (find differences in his and my Daytimer). Looking at Covey system; weekly roles & goals. First Things First by Covey, Merrill, and Merrill.

Lewis & Clark College in Idaho—Baseball coach has rodeo to raise money and toughen his players.

A key for good defensive play is to make the offense play at an uncomfortable pace. Every level of play has a breaking down point to pressure.

"Tighten up
your game
without getting
tight"

—DM—

EDDIE FOGLER SHOT RATING SYSTEM

4 POINTS FOR A LAY-UP
3 POINTS FOR A WIDE OPEN SHOT
2 POINTS FOR O.K. SHOT
1 POINT FOR A BAD SHOT
0 POINTS FOR A TURNOVER

"There is nothing
more important
then rebounding...
don't just give it
lip service."

—DM—

With several assistants I would have them concentrate on
certain areas:

Assistant #1 — Transition

Assistant #2 — Defensive and Offensive Boards

On defensive transition with 3 tailbacks, 1 halfback, and 1
fullback, you can make adjustments. (Example: when we
play Arkansas, go 2 tailbacks, 1 halfback, and 2
fullbacks.)

University of Tennessee women live off of offside
rebounding.

***"Offense sells the tickets,
Defense wins the games
Rebounding wins championships."***

Complacency—

In warfare, more planes are lost coming back
after a successful mission then during battle
because they relax.

"You don't
have to win
championships
to be a
champion."

—DM—

You can instill passion in people with example: "Passion-
Duty-Burden".

“LIFE IS NOT WORTH LIVING IF
YOU ARE NOT PASSIONATE,
EXCITED AND COMMITTED
ABOUT SOMETHING.”

-DON MEYER-

"Do the next right thing right and you are as close to
perfect as any person can be."

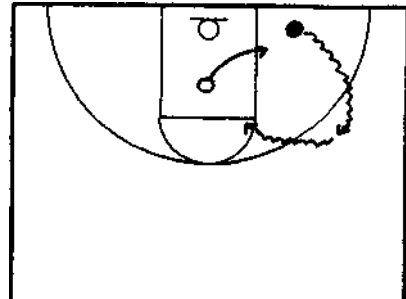
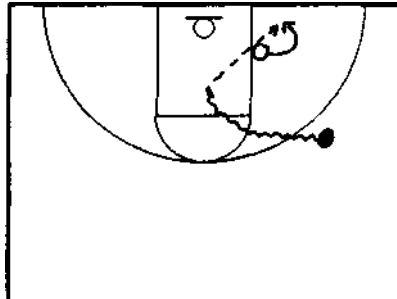
PERIMETER/POST PROGRESSION

John Wooden—"Do passing drills that come from your offense."

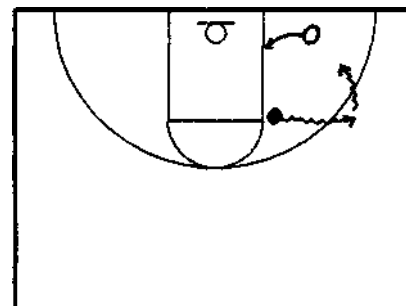
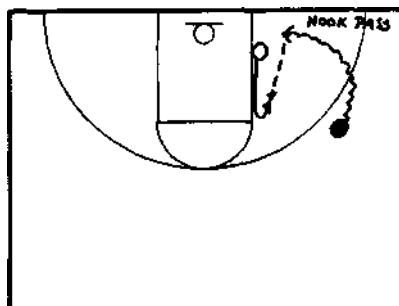
Passing—offense, transition, press offense. "Use repetition with variety."

ONE PERIMETER/ONE POST

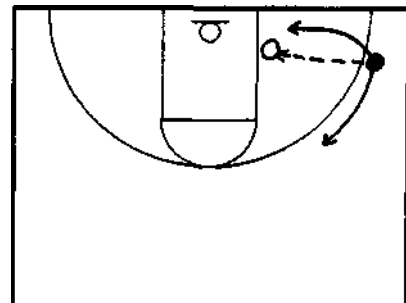
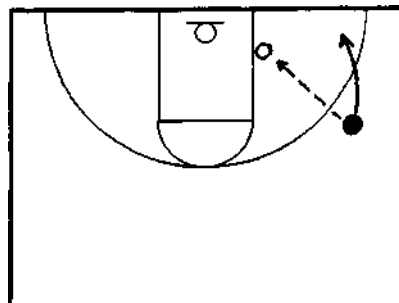
**Dribble Middle
& Step Out**



**Dribble Baseline
& ICut**

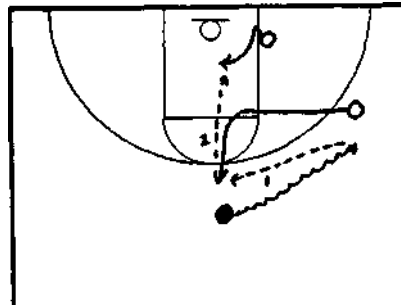


**Hit Post/
Slide Low/
High/Cut**



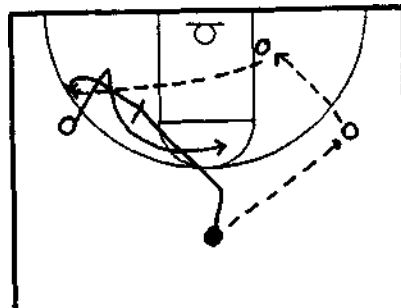
Two Perimeter/One Post

Loop & Feed
From Top



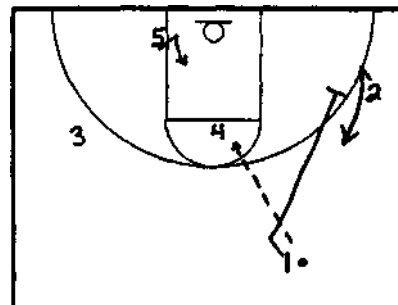
Three Perimeter/One Post

Fan Opposite;
Drive Baseline
& Baseline
Drift Away



Five Plovers

Motion—start by hitting the high post using restrictions, (also Zone and Delay).

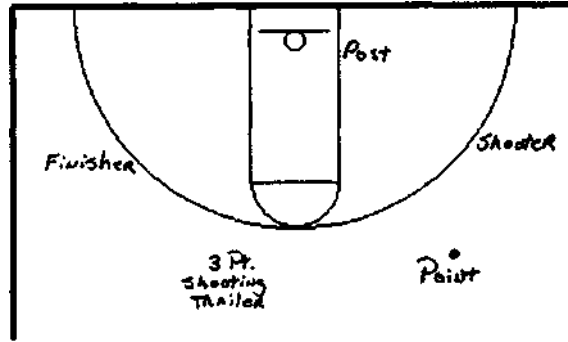


PRESS OFFENSE

CHAPTER 13

Press offense keys—

- Inbounds quickly and
- Get shooter and postman down the court.



Must attack the basket in press offense.

Flatten out the press.

Run secondary out of the press offense (no set up time).

—Press offense to

—Secondary to

—Offense. Always catch facing. Have 3 available passes/1 deep diagonally and one man trailing the ball for reversal. Reversal man should catch ball and look opposite. Get athlete/ball handler in middle.

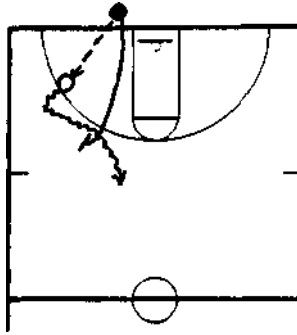
PITINO'S TWO LESSONS

#1—DON'T COAH MAD, AND...

#2—DON'T RUN PLAYS IN SPECIAL SITUATIONS.

Better to have a good player with the basketball in late game situations than to have plays.

Screen (Robert Parrish): early in the game, set a solid screen on your opponent's best player.



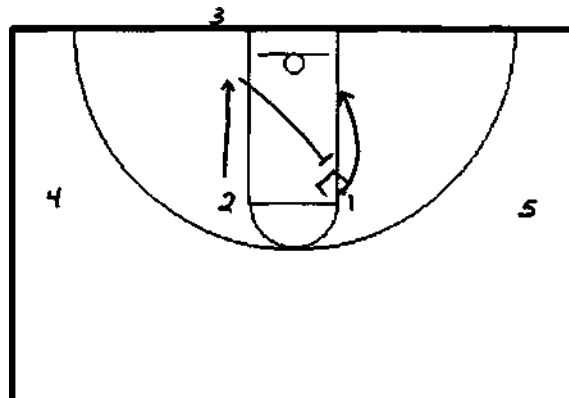
Have your #4 man bring it up if you have a small team.

"We don't face
guard...the only
time we don't see
the ball is when
we shoot it"

—DM—

Press Offense Alignments

#2 walks up for a short lob, if they front, he goes to screen. Set screen on low leg to force him over the top. If you are on defense, you want to get on bottom of screen for good switch.



North Carolina likes to have 3 available pass opportunities.

Lipscomb does not face guard on full court pressing defenses.

Go and watch a high school state tournament and treat it as a clinic.

"Remember, you
can run your
inbounds plays to
get the ball in."

—DM—

CHAPTER 14

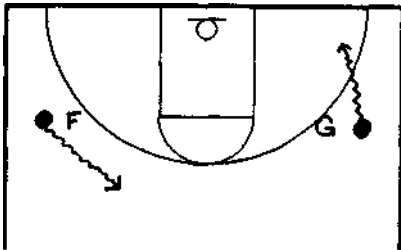
ZONE ATTACK

GREAT CATCH
PHRASE FOR
TEACHING PLAYERS
HOW TO READ THE
ZONE:

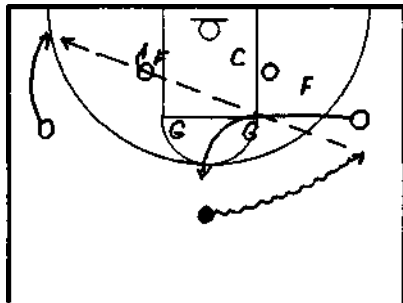
"Who is guarding me—
where did he come from."

Fast break the zone.

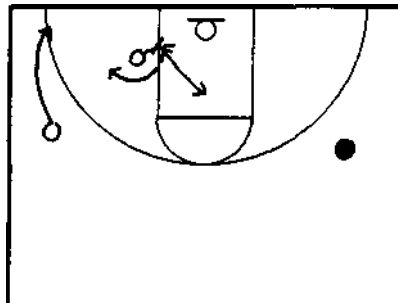
Distort the zone by taking players away from where they came from.



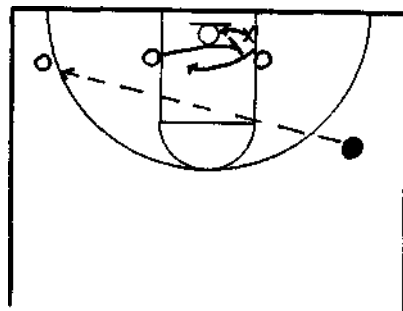
LOOP SKIP = 3 OUT



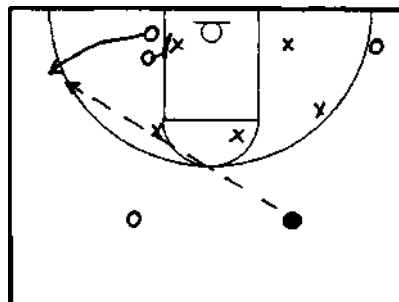
**SCREEN HIM SO
THAT DEFENSE
MUST GO ABOVE.**



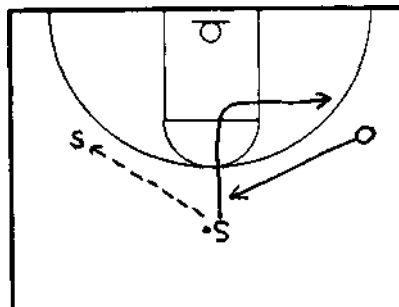
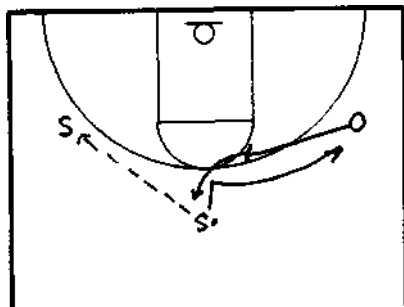
**CENTER SCREEN-
ANGLE SCREEN BELOW
CUT UNDER**



**TWO OUT
DON'T NEED LOOP
VS. ODD FRONT**



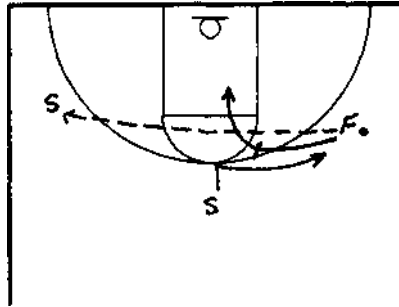
ALWAYS HAVE A PENETRATOR/FEEDER BETWEEN 2 SHOOTERS



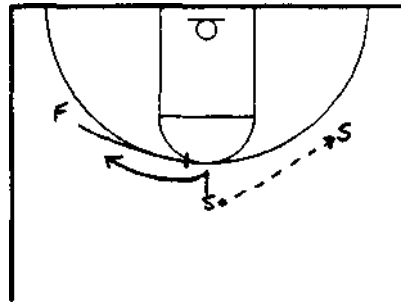
"By utilizing
cuts, you make
zone offense
more like a
motion offense."

—DM—

Tarkanian — Double Skip (same as Coach Brown's
"One Deserves Another")
Flare and
Slip vs. The Zone



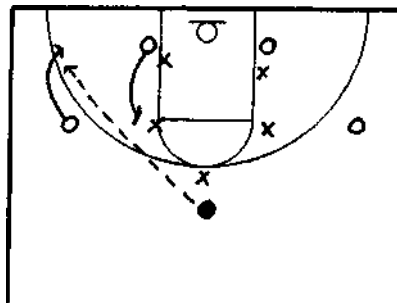
You don't want to make it a play. If you are not a shooter,
get between two shooters by screening the top (as shown
below).



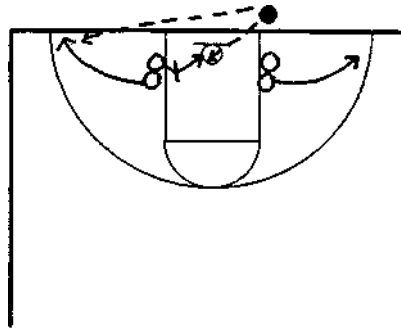
"Don't teach
offense or
defense— teach
the game."

—DM—

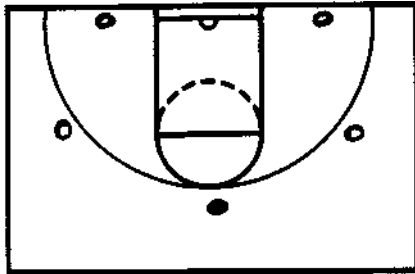
Penetration is good vs. the zone. Up screen the zone
(shown below).



Inbounds Play
Against The Zone

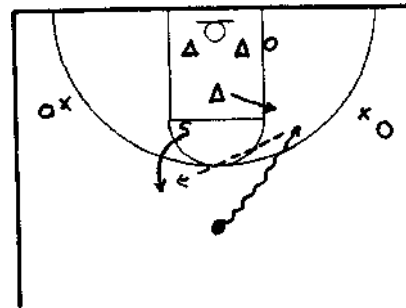


"Deep & Wide"



Short corner—better flash angle/screening angle and it also stretches the defense.

Vs. Triangle And
Two (S is good
shooter)

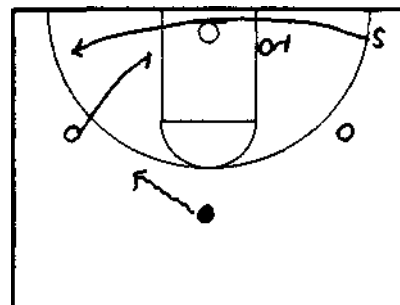


"Don't be
afraid to
experiment
in practice."

—DM—

Why play zone? Take away the drive and sandwich the post. In attacking the zone, you need to know who is defending the post.

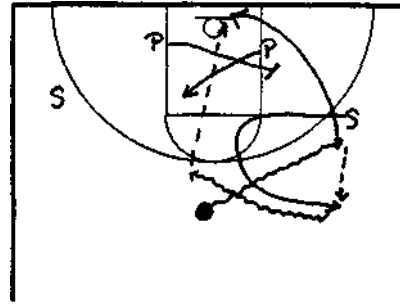
Vs. Box
Put Great
Shooter On
Baseline And
Use Screens



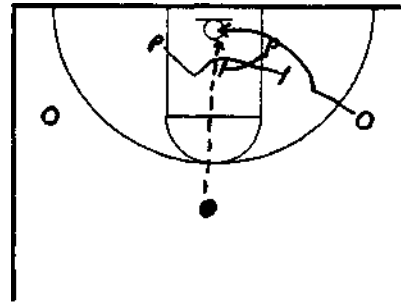
"When you shoot
the 3's, try to
shoot head on for
a better shooting
angle."

—DM—

"Syracuse"
Vs. The Zone



UNC X
Screening
Vs. Zone
(Good for
Henderson)



CONCEPTS

- Zone plays for when the clock runs down.
- Motion vs. some match ups.
- It you can't make open shots, it doesn't matter what you run.

"You don't
shoot fast, you
get ready to
shoot fast,"

—DM—

PRINCIPLES ON SHOOTING

Off season drills for guards (work in pairs)
Work on shooting, closing out & passing.

10 in a row before moving to a new spot. —can't miss 2
in a row, 1 in a row and you still have a string.

* off down screen

*loop, skip

*zone/drive/replace

*penetrate/pitch

Duke shooting drills for post play...5 in a row—miss is OK
if you get your putback before it hits the floor...then shoot
free throws (one and one).

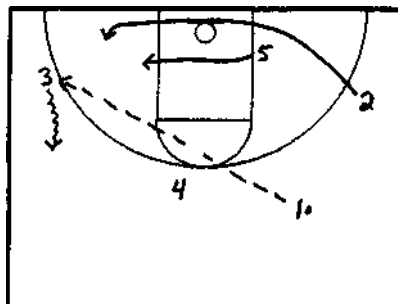
On flares, passer can dribble to middle to increase the
passing angle.

CHAPTER 15

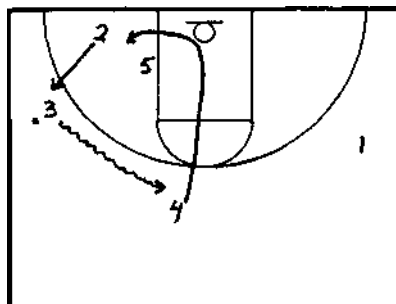
SPECIAL PLAYS

ZONE SECONDARY

#3 should drive the ball off the baseline if a forward is defending him; if #2 can shoot the 3-pointer, set up for it—if not, attack short corner.



Clock cut—effective, especially if #4 is a shooter.



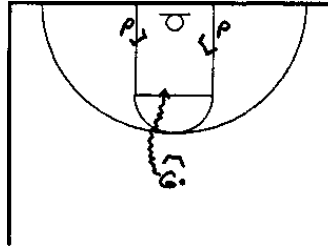
"Fake a pass to make a pass."

Pass fake when the forward starts to leave.

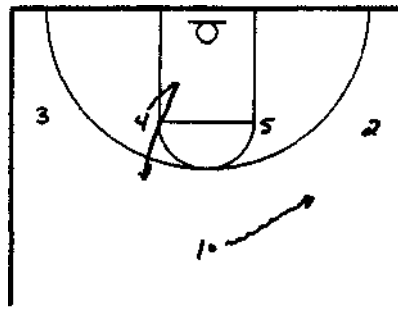
When you throw the basketball to the baseline, **EVERY** zone is a 2-3.

When you throw it down, cut through to opposite side to balance the floor.

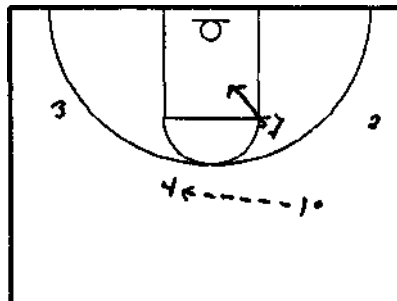
Point Guard-Penetration
Drill—drive and deliver
bounce pass to the post or
take the shot.



"1-UP" Option #1
If they front—lob behind,
slide down.

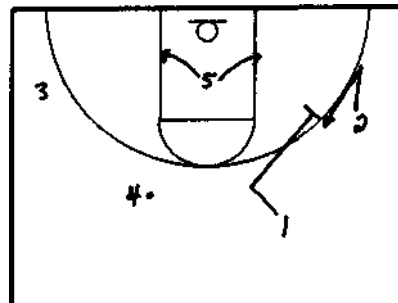


"1-UP" Option #2
Catch and Close on pass
from #1 to #4 (high post
seal)



"1-UP" Option #3 On
the pass from #1 to #4—
you can either:

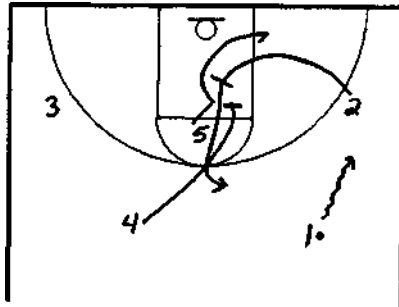
- #1 Flare (shown)
- #2 Down Screen
- #3 Re Screen



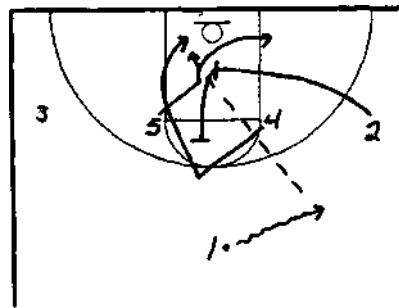
HIGH POST RULES:

- look down low for buddy;
- look opposite;
- look back from where the ball came.

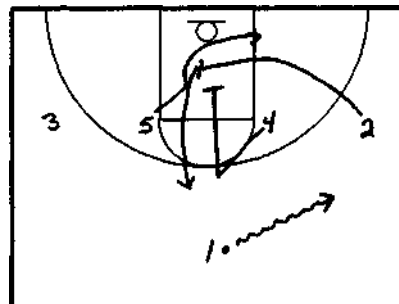
"DENVER"
Dead Ball Secondary



"UP DENVER SPECIAL"

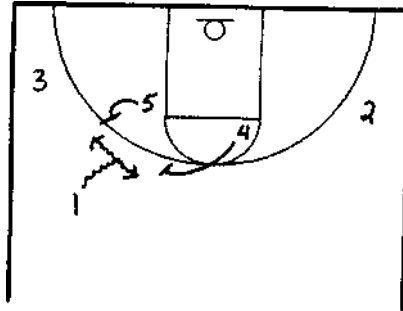


"1 DENVER"

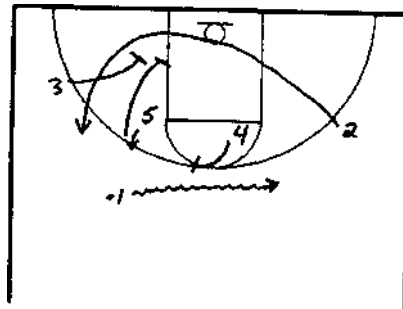


Lipscomb does not cross screen in the post because it clutters the post area up—want to keep post area clean.

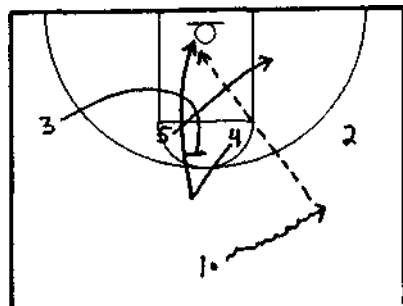
"HANG LOOSE"
Vs. trap or switch,
pitch it ahead.



"THUMBS UP"



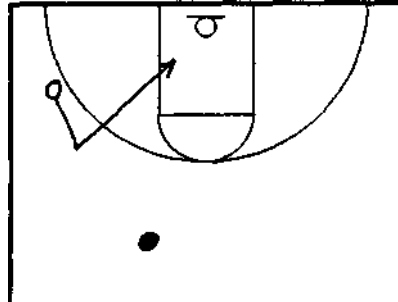
"UP SPECIAL"



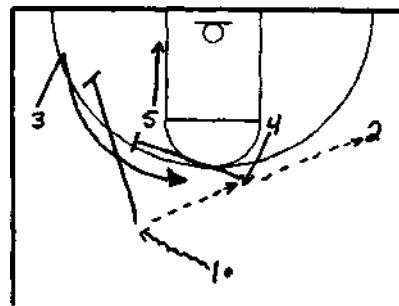
Special always means small player sets screen for big player.

On a ball screen if the screener is a shooter, he steps out; if he is a poster, he rolls.

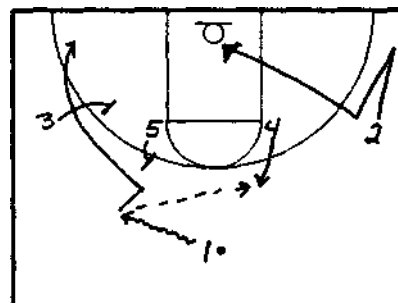
For a back cut to be effective, run at the ball and then push off.



Secondary Vs. Man
Double Staggered—
Meyer likes this play.



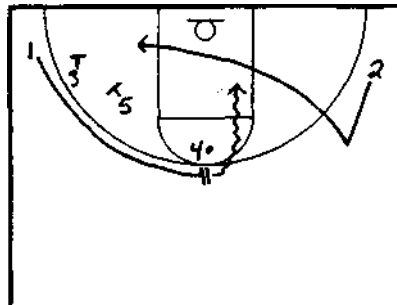
"CAROLINA
BACKDOOR"
Pass fake from #4 to #2
important



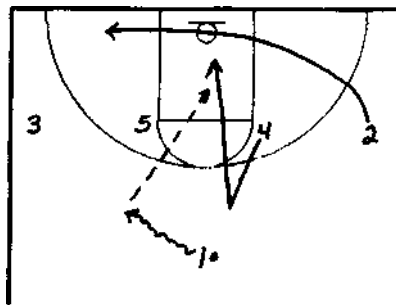
Important to keep shooter opposite the ball to stretch the defense.

"Fist" means backdoor.

"HAND OFF"



'OTAY"



"UP

