

TUSCULUM

BASKETBALL

2009 Winthrop University Coaches Clinic

Jim Boone

Motion Offense

1. Books to Read:

The Gold Standard, Building a World-Class Team by Mike Krzyzewski

Put Your Dreams To The Test by John Maxwell

Time Power by Brian Tracy (older book but awesome)

Finding Your Path to Significance by Tony Dungy

Passion To Lead by Jim Calhoun

2. Bob Starkey BLOG: <http://hoopthoughts.blogspot.com/>

3. Everything we do revolves around our Defense, everything:

IE: Pressured the Ball - Ran and Shot it Quicker

Pack Defense - Much more deliberate in movement - GRIND-IT OUT

4. Cannot be great at everything, do not want to be a team that does several things ok, but does nothing Great - we want to be great at Defense.

TC Basketball: Great Team Defense

Shot Selection - We are going to get what we want

Take Care of the Ball - Sureness

Use of Reduced Rims - Number and Contact: Percy at 800-287-0244

5. Nobody, or hardly anyone runs just MOTION today - a lot of people say they do, they run a degree of motion, but how many really only run MOTION OFFENSE?

What does our offense need now - The pulse of the moment

Kaizen: Constant Never Ending Daily Improvement - Daily Maintenance

Great Offense when you do not have a True Center!

In Today's Game of Film, etc. - Motion is the way to go, cannot scout - can only work

to take away individual tendencies - film is too good today - PC philosophy.

It's about your personnel - we have not had a Point Guard for years - Don't need

it - we play with two guards who can play, not a Point a Guard.

6. Parents: They would much rather their kid make all league than for your team to win the league . . . Would like for all to know: Would love to communicate to parents, when kids no longer have an out . . . their attitudes and careers change - for the positive!

7. Listen to what your Players don't say: Selfish player after SAC Champ Loss!

I have been in it too long—I have no use for a Player who is not committed to us

Coach Oliver - I want you to be a Pro Coach!

8. Recruiting: Understanding who we are - It is Hard to play in our program

1) Mental and Physical Toughness - Competiveness - HAVE TOO GUYS

2) Work Ethic - We are a hard Work Program - We Teach Hard Work!!

3) Character First

The First Two without the third, will KILL YOU!!!!!!

9. Why is Motion so Hard to Teach:

CONTROL

Motion Offense is a different type of Control

Who shoots, when do they shoot, and how - Shot Selection

Defining Roles - Screeners, Cutters, Feeders

Discipline - do not have a set play to confine

STRUCTURE

Ball Handling

Screening & Cutting - Must Cut and Screen Hard

Court Markings

Principles of Play

Alignments

Pairs to Teach Structure - know where Screeners are located

DEVELOPMENT

Teaching Program

Fundamentals - First 30 minutes of Practice

Principles of Offense vs. Rules of Execution

Learn Screening and Cutting Tech, Spacing, Ready to Play

Ability to tweak and change as personnel changes

Take the Ball to the Action - Shorten the Pass

Play vs. the Switch & 5/4 Defense

10. TEACHING SCREENING: *ULTIMATE TEAM WAY TO PLAY*

I set a good hard screen to get my cutter open . . . The cutter makes a good read and subsequent cut to defeat his defender, the screener gets open.

1. Fundamentals of Screening

We do not Screen on Ball as a Rule:

Will use to Relieve Pressure

If we had a Steve Nash Type PG

**We were able to pull ASU Big Away
with Motion, and not One SOB Situation**

2. Every Screen and Every Cut is a Screen and Cut to Score

3. Cutters must Hunt Screens

4. Screeners must be Quicker and Cutters must be Slower

5. Tough on Decision Making, but must let'em play

Drills & Teaching:

*** 1/0, 2/0, 3/0 to teach Pace and Timing - Shooting Drills**

*** Air Dummy Screening - Play in Multiples**

*** 2/1 Screening - work with cutter defended and with screener defended**

Teach the Screener to Score

*** 2/2 Inside Cut & Screen - Give different actions and reads**

*** 3/2 Screening - Defender on Pass w/ One Dribble Restriction**

*** 3/3 Screening: Structure to Teach**

*** 3/3 Ball-side Screening: Playing in Multiples**

*** 4/4 with Restrictions: This is How you Teach Roles**

Who Can Shoot

Post Touches

Number of Passes

NO DRIBBLE

Number of Screens

Initiate with Scoring Actions:

Inside Cut to Down Screen to Motion

Stack to Back Screen to Back Screen to Motion

Stack to Screen Away to Tech Action

ALIGNMENTS: **Dependent upon Personnel**

1. Regular: **Single Post - deployment depends on ability**

Court Magnets

Perimeter Cutters to Rim

2. Pairs: **Play in Multiples**

Do not Become Predictable

Screeners - Know where they are - Work off Elbows

Screeners must be able to score

Add a Poster (Perimeter or Post)

Cut Hard - Cutters must Hunt Screens

Feeder - Look to Screen and Play off 2nd Action

Cutters - Change Sides, don't get locked into one area

Screeners - Direct Cutters, Head Hunt Screens

Ball moves on Pass or Dribble - Screen

Second Action

High & Wide

3. Triangle: **Very Difficult to Guard with our Personnel**

Post that can move and score facing the basket

Feeder Areas and Cutting - Drive

Designate a Screener in the Triangle

Fill the High Post - Side-Top-Side

If you Don't Have the Post - SPACE

One has it the other Two are Screening

Initiate with Quick Change - Gets Everyone Moving

4. Baseline: Again, more structured - Great for a Scorer and for Post to Learn

MISCELL: Cannot become a Jump Shot Team - Drive - Drive - Drive

Two Hand Passes and Two Hand Catches

Play Every Possession with a Sense of Urgency

Best scorer must be able to Screen - Best way to get open

Best Off Move: Shot Fake - Shot Fake - Shot Fake

Permanent Pivot Foot

Drive: Baseline Drift, Middle Drive, Scoring off Dribble

Flop Screens

Play vs. Physicality and Pressure - Higher and Wider/Back Screen

Bilas Article on Toughness

What Separates TC Basketball

Improve OBC

If you have to work/try to keep your team on a sharp edge you're screwed!

An Army of Lions led by an Ass will always be defeated by an Army of Asses led by an Lion - Coaching - Leadership!

A Man bent on revenge, must First Dig Two Graves!

How do you treat people who cannot do anything for you?

TUSCULUM

BASKETBALL

KEVIN EASTMAN – Asst. Coach Boston Celtics

Stimulate Your Defensive Thinking

Here are 10 thoughts to get you thinking defensively:

- It's a "shoulders game." Defender should always make sure to keep his shoulders lower than the shoulders of the player he is guarding.
- Do you teach how to foul late in the game? Make sure to wrap both your arms above both arms of the offensive player so that he can never get into his shooting motion.
- Do you have rules in regard to late game fouling? Consider only fouling a man who has his back to the basket, making sure it will never be a shooting foul.
- Do you teach your players how to talk on defense? Consider teaching them that all talk should be (1) early (as play is developing or even before it develops); (2) loud (make sure your teammate hears your talk (3) continuous (make sure if they don't hear it the first time that you always repeat it – good rule is 3 times, e.g., LEFT-LEFT-LEFT).
- Do you detail how to switch? Consider teaching 3 steps: (1) talk it (2) touch it and (3) switch it.
- Defender must make contact with his man before the screen makes contact with him or he will be screened and his man will be able to control the cut.
- Transition defense: do you teach your team that in transition they are guarding the open men on the other team, not their man?
- Focus on contesting shots early in the game so that you can take some of the shooter's confidence away early in that night's game.
- Do you mandate that your players get to their help spots early, making sure that the offensive player sees no open seams as soon as he catches it.
- Have you gotten your best player to buy into the importance of your defense? When you get that you have a chance to be special defensively; we learned that last year with Kevin Garnett!



“Last fall, sitting outside the Pete Maravich Assembly Center, I was enjoying a conversation with Shaquille O'Neal when the subject of Kobe Bryant came up. Shaq went on to tell me that he never had a teammate that worked as hard as Kobe and that we was borderline possessed about working out each day. He told me that the workouts were long and difficult. Not just working on shooting, which Shaq said he did daily and at a rigorous speed, but also on the fundamentals, conditioning and in the weightroom. There is a rumor that Kobe refers to his regiment as the "Devil Workout" because it includes 6 hours a day, 6 days a week, 6 months a year.”

- *Bob Starkey*

LSU Assistant Basketball Coach



TUSCULUM COLLEGE BASKETBALL