

## **SESSION VII**

## **PHILLIP HUTCHESON - POST PLAY**

### **INTRODUCTION**

Quote for all Posts to remember from Vic Braden -

**"Learn to hit the same old boring winners"**

There are no extra points for style

A post player must be on edge and antagonistic

### **PHILOSOPHY**

**We all know Kareem's Go-to move - the Sky Hook**

**But do you know Ralph Samson's Go-to move? He had a many, and was never as successful**

### **SIMPLER IS BETTER**

**VINCE LOMBARDI AND THE GREEN BAY PACKERS HAD THIS - SWEEP LEFT & SWEEP RIGHT THE ONLY THING IN THEIR OFFENSIVE PLAY BOOK.**

**Coaches must show a commitment to the post game**

#### **Mike Roller at David Lipscomb High School**

\*Had a all state post player for 7 straight years

\*Made sure every year his team knew that the offense was going through the post

\*"Boys this isn't going to be the first year without an all state post player"

\*Communicated to the team that the posts success would benefit everyone

**Hutch was not a great athlete or a great jumper, but could score**

- He is an example that athleticism does not determine scoring ability
- Brains and Work Ethic can make up for lack athleticism

**\*\*\*A GOOD POST PLAYER CANNOT BE GUARDED BY ONE PLAYER\*\*\***

## **STRIKE ZONE STRENGTH**

- \*The strength of a post player must be in his strike zone - knees to through his torso
- \*Players today are stronger than before - may be bad because they will try to use their arms too much
- \*Must use their torso strength

## ***PLAY READY FOR THE TURNING POINT PLAY***

- \*You never know which play it will be
- \*Must play hard every play and practice

## **WRITTEN AT THE TOP OF HUTCH'S NOTEBOOK EACH DAY**

**W D T W**  
**E E O I**  
**S**  
**E**  
**R**  
**V**  
**E**

**WE MUST PUT THE DESPOSITS IN EACH DAY IN ORDER TO  
GET THE WITHDRAWALS ON GAME DAY**

## **POST SEQUENCE**

### **DO YOU WANT TO ADD 4 POINTS TO YOUR AVERAGE?**

- Sprint the court every time - takes determination
- 1 layup in transition a half is 4 points per game
- The danger is in not defensive rebounding
- Always be thinking that this is the possession that he quits
- Must physically and mentally wear your opponent out
- There are so few post players that run every time

## **TRANSITION COACHING POINTS**

- Run to the Rim
- Look back at the ball with you hands ready
- Find someone to seal - This creates a problem
- There is no problem created when no one is sealed
- We want to post above the block

- When you post too low, it eliminates 1/2 of your moves
- Try to get a piece of the paint
- Closer is better
- Make your players practice having hands ready at all times
- When coach is talking have HANDS READY

## SEALING TECHNIQUE

1. Sealing is a matter of SKILL not strength
2. Must try to beat your opponent's top foot
3. Sit down on opponent's thigh
4. Make the defender take a step back
5. Use your feet & body - always keep your feet moving
6. Have your arms & hands in Bench Press Position - Weight balanced
7. Direct the guards on where to go with hands & mouth
  - a. Communicate - call for the ball
  - b. Direct traffic
8. If the defense wants to go to the high side - keep them there & protect the low side
9. Work your feet in 4 foot circles - do not chicken fight to the 3 pt. arc
10. **HOLD YOUR SEAL** - do not release too soon
  - a. When you are making contact - You are in control
  - b. Defense wants to avoid contact
  - c. Even when ball is swung, hold you seal, do not follow - Let the ball find you
11. Show your numbers to the perimeters
12. A post player must love contact

## SETTING UP FOR THE LOB

1. Try to seal in & out at least once
2. Plant leg in between defender's legs
3. Put both hands above shoulders
4. The Perimeter target is the top near corner of the backboard
5. Release when ball is directly over your head

## RECEIVING THE BALL

1. Catch with your eyes first
2. Meet the pass with your feet in the air
3. Chin the ball – Do not drop the ball to your waist
4. Look in the direction of the Pass – The guard will always pass away from the defense
5. No chest passes
  - a. Bounce passes below the knees
  - b. Air passes above the shoulders
6. Always take the blame for a missed pass

## **SHOOTING THE BALL**

1. Sealing will make shooting very easy
2. If you have problems scoring - go back & work on sealing
3. There is no need to dribble - one power dribble only
  - a. When post players dribble, it is only because they do not know what to do
4. Use momentum against the defense
5. Use glass whenever possible - More room for error
6. Always follow your shot
  - a. Example - Moses Malone
  - b. Finish in practice

## **IDEAS ON GETTING OPEN**

1. Nelson move
  - a. Face the defense and wait on the ball
  - b. Step in between defenders legs & spin
2. Duck cut
  - a. Stay away from the ball
  - b. Step across defense when ball is swung to the top
3. V-cut
  - a. If defense is low, take them lower and then explode high
  - b. If defense is high, take them higher and then explode low
4. Release & Re-seal
  - a. If you cannot get angles
  - b. Step off and get the defense to relax & then re-seal
5. Screen away & seal the switch
6. I-cut
  - a. Baseline drive - release straight up the lane
  - b. Hands ready

## ***FEED THE POST & RELOCATE***

STANDING PERIMETERS MAKE IT EASY FOR THE POST TO GET DOUBLED  
TEAMED

## **GETTING OPEN vs. ZONE**

1. Seal men, not areas
2. Start lower, behind the defense
3. Seal the middle man when the ball is on the wing
4. When the ball is on top, Seal out
5. Step - out to the short corner
  - a. Ball goes to the wing

- b. Pull Middle man out**
- c. Look for the 4 man dive**

## GENERAL POSTING IDEAS

1. Best offense is getting the defense in foul trouble
2. On shot fakes – do not straighten your knees
3. Jump Hooks
  - a. Point shoulder to the basket
  - b. Keep under chin
  - c. Keep separation with the off arm / hand
  - d. 11 o'clock release point
  - e. Start close and work your way around basket to warm up
4. A system without sills is like a Bomber without Bombs
  - a. Confidence comes from successful repetition under pressure
  - b. Game Shots at Game Spots at Game Speeds
5. If you are not making mistakes you are not getting better
  - a. If you make your practices hard enough, the games will be easy
  - b. Challenge yourself and compete during a workout
6. Work on creating an angle in the post when the defense is playing dead behind
  - a. Start moving one way and use his movement against him
  - b. Angle - Movement - Deception
  - c. Must have angles to score
7. Easier to seal vs. Man defense - you know exactly who to seal at all times

## POSTING DRILLS

*The point of these drills is to make your hands and feet better, while gaining confidence.*

1. Sealing without hands vs. Live Defense
  - a. Put ball in the middle of circle
  - b. Defense try to get to it
  - c. Offense move feet & keep contact by moving feet and not using hands
2. Ball Slaps / Slams
  - a. Use at the beginning of workout to warm up hands
  - b. Slaps – slap hand down to the ball
  - c. Slams – bring ball down to the hand
3. Ricochet - put your heels on the line a slam ball through your legs
4. Slams - two handed slam off the backboard or wall - do not dip
5. Slams off the toss back
  - a. Continually work closer

- b. Hands ready
- 6. **Taking infield with a partner**
  - a. Bounce bad passes to partner
  - b. Mix tennis balls with basketballs

**Using your mind and being creative as a player is key to developing a great workout & becoming a Great Player!**

## POST WORKOUT

- This workout can be done by yourself or with a partner
- If a partner is not available - spin yourself a pass
- The emphasis is placed upon getting shots up at game speeds
- Should be able to get 30 shots up in 2:30 minutes
- Learn how to do the right things over & over
- **GAME SHOTS @ GAME SPOTS @ GAME SPEEDS**

### Moves - Both sides & in both directions

1. Breakaway layup passes - thrown over shoulder (2 shots)
2. Flashes to the block (4 shots)
3. Flashes to the middle of the lane (4 shots)
4. Trailer Jumpers - catch only at angles that you will catch during a game (4 shots)
5. 2 Free Throws
6. Lobs from '1' (2 shots)
7. Pushed off your mark shots (4 shots)
8. Step out - Power Move & Jumper (4 shots)
9. I-Cuts (2 shots)
10. 2 Free Throws

## **MEYER - ZONE OFFENSE**

### Zone Sealing

- Post players look to stretch the accordion
  - When ball goes to the corner - run to find the next player in middle
  - When ball goes on top / middle - look to seal out
- Perimeter players, screw with the middle man
  - Use pass fakes
  - Try to move him out of place

## **DEEP & WIDE vs. ZONE**

- Posts step back & wide behind the zone
- They need to be talented & skilled

Figure #1

## **GENERAL THOUGHTS ON ZONE OFFENSE**

1. The purpose of the loop is to get both guards on one side of the court
2. Feed & Space when the ball enters the post
  - a. The non-shooter always dives
  - b. There are 3 spots on the perimeter
    - i. Corner
    - ii. Pro
    - iii. Diagonal
3. Continuous random sealing
  - a. Go meet the next guy in the lane wherever he is

**SESSION VIII MEYER QUESTION & ANSWER (SATURDAY MORNING)**  
**06/09/01**

*GOING AGAINST GREAT PLAYERS - YOU HAVE TO DO  
SOMETHING A LITTLE DIFFERENT*

IN HIGH SCHOOL, FIND A WAY TO LIMIT THESE PLAYERS' TOUCHES

- SECONDARY DOWN THE SIDELINE IS LIKE A SLOW TWITCH MUSCLE
- ROY WILLIAMS RUNS A PROGRAM LIKE IT IS SUPPOSED TO BE RAN
- TAPE # 16 - PRACTICE ORGANIZATION
  - MORE DIFFICULT NOW IN NCAA THAN IT WAS IN NAIA
  - MORE RESTRICTIONS NOW
- JOHN KIMBRELL BEST POST PLAYER AT LIPSCOMB

- **HIGH SCHOOL COACH LIMITED IN PREPARATION, WHAT IS MY APPROACH?**
  - **Determine your talent level**
  - **Two - a - days a possibility**
  - **Shoot free throws in the morning - get doughnuts and orange juice**
  - **The quick fix is to run plays**
  
- **FIVE THINGS TO LOOK AT IN BASKETBALL - WOODEN**
  - **1/2 court offense**
  - **1/2 court defense**
  - **Fastbreak**
  - **Rebounding**
  - **Press & Press Attack**

\*\*\*IF YOU WANT TO SLOW THE GAME DOWN - PRESS\*\*\*

\*\*\*IF YOU WANT TO SPEED IT UP - TRAP \*\*\*

- ❖ The influx of College coaches into the NBA saved the game
  
- ❖ Make a decision, Win the game or Keep it close
  - ❖ In street fight, you don't live when you stay close
  
- ❖ In a press don't tell them where to be - they will get slower

### Wooden watching UCLA

- **Black Uniforms one step away from letting the inmates run the prison**
- **He was more upset about the conditions of the visiting locker room**

## **GOOD TEAMS**

- |   |
|---|
| <ol style="list-style-type: none"><li>1. <b>Everyone is tough</b></li><li>2. <b>All the coaches communicate on the floor</b></li><li>3. <b>They play great defense</b></li><li>4. <b>Are unselfish and can pass the ball</b></li><li>5. <b>Can shoot the ball</b></li></ol> |
|---|

**\*Much rather have incubator babies, who were one step away from death - they are tough**



**\*Schedule Light / Easy games early to gain confidence**

TONY LARUSSA -

"EVERYNIGHT I HAVE TO PROVE THAT I DESERVE TO BE A MAJOR LEAGUE BASEBALL COACH"

- We all have SOMETHING TO PROVE
- We all do not look like basketball coaches
  
- **We have the best players in the country; they can only be stopped by**
  - 1. Themselves**
  - 2. Their teammates**
  
- Make all points in pickup worth One point

**John Pierce**

- Great Player, ALL TIME LEADING SCORER IN COLLEGE BASKETBALL
- 70% 2pt
- 45% 3pt
- 69% total FG
- 79% FT
- 10 Rebounds per game
- 4 Assists per game
  
- In High School, why guard guys who cannot shoot?
  
- ***Never praise scoring***
  - Praise the things that led up to the score
  - Use team as much as possible when you talk to your team
  - Stress the fact that the whole must be greater than the sum of the parts

Bobby Knight

- Take what your opponents do & use it against them

- **Example - vs. athletic teams, back door, back cut vs. pressure**

## **WE WANT AUTHENTIC BISONS, NOT COUNTERFEIT BISONS**

Real team players that look out for their teammates before themselves like  
Phillip Hutcheson & Wade Tomlinson

- One thing to look at when you start your program - is it important to you kids  
& to your community?

### **TAPE # 23 - Shot Selection**

- 4 - layup**
- 3 - Wide open jump shot**
- 2 - O.K. shot / pressured shots**
- 1 - Bad shot**
- 0 - Turnover**

*Your worst shooter should have your highest  
shooting percentage, because they should only take  
layups and power moves*

### **Bear Byrant**

"You got to let the big mule plow. Be sure your boys are ready  
to play on Saturday not Wednesday"

- Get a game day routine & practice routine - Must have continuity & be  
ready to play

Send Coach **Pat Summitt** a letter:

Lady Vols Basketball  
University of Tennessee  
207 Thompson Bowling Arena

Knoxville, TN 37996

## **SESSION IX      MEYER      SKILL DEVELOPMENT**

- **It's not what you teach, It's what you emphasize**
- **Championship teams do the guts of basketball - which are the fundamentals**
- **The way you say something is more important than what you say**
- **Must make drills Game - like**

### **1. Easy Running**

- a. Run up & down the court
- b. Have a Coach throw a pass to players
- c. When pass is caught, player makes a front & rear turn
- d. Pivot on the ball of your foot
- e. Make a quick stop - not high in the air

### **2. Starts, Stops, & Turn Lines**

- a. 2 dribbles off the baseline
- b. pressured by coach on the pivot
- c. Make a rear turn & feed the post
- d. Receiver catch the ball in posting position
  - i. Catch the ball with Eyes
  - ii. Feet
  - iii. Hands
- e. Do not want a Dolly Parton (Chest High) bounce pass
  - i. Must be low
  - ii. Chest over thigh
  - iii. Turn wrist over at the end of the pass

### **3. 2 hand Overhead Pass**

- a. Throw to Coach
- b. Will toss back to player as he runs out
- c. Make a front turn
- d. Dribble down to feed the post

#### **4. Feed the Post Progression** - both ends of the floor

- a. Feed from wing - Defense on the high side
  - i. Dribble down from wing to feed
  - ii. Feeder relocate to corner
  - iii. Post catch perpendicular to the pass
  - iv. Dribble down below the poster
  - v. Do not bury the post under the board with the pass
- b. When post is fronted - loop to the top
  - i. Seal out
  - ii. Get the Hi-Lo feed (Air Pass)
  - iii. Fake a pass to make a pass
- c. Add defense - 3 on 1
  - i. 2 Perimeters 1 Post
  - ii. Loop - Skip - Seal Out

#### **5. Perimeter Skill Development**

- a. 3/0 on top
  - i. Wings go to the elbow when shot goes up
  - ii. Post goes to the front of the rim
- b. 3/0 from wing
  - i. 2 on 1 on the weakside board
  - ii. Post spin to the weakside

#### **6. Shooting Drills**

- a. Partner Shooting
  - i. 2 players
  - ii. Follow your shot - pass to partner
  - iii. Use one, two, & 3 passes
- b. 2 Balls, 3 closer outs
  - i. Use flyby defense to work on getting ball up
  - ii. Shot fake when shot is blocked
  - iii. Can add proper defense with closeout
  - iv. Add helpside - 1 dribble pullup

#### **7. Closeout & Offensive Moves Drills**

- a. 1/1 from the wing
  - i. Add helpside player
  - ii. Use shot pressure to take away rhythm from shooter
  - iii. If you do not leave the floor, you act as a gunsight for shooter
- b. 2/2 from wings
  - i. Must work offense & defense in all drills
  - ii. Closeout on the skip
  - iii. Helpside player gives help outside the lane

## **THINGS THAT YOU NEED TO WIN**

- 1. Inside Game**
- 2. Outside Game**
- 3. Penetration Game**
- 4. Pull - Up Game**

**Otay 1/1 or isolation** - work IDW moves from this spot  
-Look at post like # 1  
-Point Guard screen away from Triple screen away  
Figure # 2

## **IDEAS VS. SWITCHING DEFENSES**

1. Look for posts to slip off big for little screens
2. Spread your offense / Congestion hurts good screening teams
4. Player cutting to the basket must be able to make a play
5. Player setting the screen must be able to score popping out
6. Slip early
7. Everyone receiving a screen - backcut
  - a. Both defenders will follow cutter - concede outside shot
  - b. Screener pops out for outside shot
  - c. Good way to get a 3 at the end of the game
8. Move Post to the High Post

- a. Set back screens, flares, etc.
  - b. More room to drive
9. Screen your own man & then slip

## ***Pat Summitt***

- A big timer who hasn't lost what is important
- She will ask you more questions to you than you will to her
- Has not signed new contract - two demands
  - Wants to be highest paid basketball coach on campus
  - Wants to be highest paid women's basketball in the nation
- She has earned the right for the demands
  - Gets tired of Tennessee firing men's coach & paying the new one twice as much