

MEYER BASKETBALL CAMP NOTES

TEAM ATTITUDE

A – Awareness and Communication

- Have a clue about what is going on around you
- Know who you are and what your game is
- Talk to your teammates – on and off the court

T – Teachable

- Ready and Willing to learn
- None of us have all the answers
- When the pupil is ready the teacher will appear
- Good players can take instruction; Great players can take it and learn
- So much of the game is mental

T – Tenacity

- Stick to something
- Pit bull vs. a poodle

I – Intensity

- Play Hard
- Concentrate on task at hand
- Biggest problem is people cannot produce without supervision
- Produce without Supervision!

T – Technique

- Play Smart

U – Unselfish

- Do something for someone with no expectation of repayment
- Hardest thing to become – Give your gift away

D – Discipline

- Do the things no one wants to do
- The difference between being average and a champion

E – Effort + Execution = Excellence

- Finish the play
- Be able to make a play

What would the team be like, if everybody had my attitude?

This week I will put my whole self in

“Nobody will work harder, prepare better, or sacrifice more than me”

- Jerry Rice

GOAL SETTING

Specific – Measurable - Reality

Want to be better than 97% of the people in the world?

Top 3% set goals

Write your goals down

The difference between a wish and a goal is that goals are written down and you work towards them everyday.

Where do you want to go? How are you going to get there? Be Specific!

Types

1. Short range
2. Medium range
3. Long Range

5 Areas

1. Spiritual
 - a. A personal item
 - b. Must come to grips with
 - c. Study – Find it
2. Social
 - a. You and other people
 - b. Who helped you get where you are?
 - c. Thank you's and talk about
 - d. Friend – Be one first
3. Academic
 - a. Never too old to quit
 - b. Listen vs. hear
 - c. Watch vs. see – Be a sponge
4. Economic
 - a. Balance is the key
 - b. Needs vs. Wants
 - c. Self and Family
5. Basketball & Fitness
 - a. Be specific
 - b. Health is everything

Formula for Success

1. Know you strengths and weaknesses
2. Don't set goals that are easily attainable. Your reach must exceed your grasp
3. Have a written plan. Something to concentrate on. Something visual.
4. Have Deadlines
5. Evaluate you progress
6. Short range goals
7. Medium range goals
8. Long range goals
9. You must plan daily
10. If you fail to plan, you are planning to fail

Coach Don Meyer – Motivational Speaker

1. Somewhere in your life you need to meet someone who expects greatness from you
2. Walt Disney, Einstein, Tolstoy, Beethoven
-Different people develop at different rates
3. The GREAT STONE FACE
4. Success & Genius
-Ordinary quality – extraordinarily developed
5. Enemies don't hold you back like your friends can – *Len Bias*
6. We need to take time to think – 10 minutes of thought everyday - *Peter Drucker*
7. Leadership – Understanding the Human Experience
-Interest in others (Interested in vs. interesting)
8. The average person is lazy – fight the path of easiest resistance
9. Winners are normal people who do average things very, very well
10. Not one thing you learn at camp this week will make you better unless you take it home and work on it
11. Write things down – so you can remember it later and also increases learning now
12. Top ten percent of the richest people in the world were surveyed – the one common trait they all had in common *-They took detailed notes*
13. Quality oriented goals - *It's not how many years you put into it, it's what you put into those years*
14. It's OK to make a mistake; it's not OK to let a mistake stop you - *Dick Bennett*
15. Two techniques this week:
 - Up our work capacity (Concentration)
 - Work at an uncomfortable pace (accelerated rate)
16. Determine what you want, Determine the cost, Determine if you will pay the price (Do it for the right reasons)
17. Work ethic, Work Habits, Work Together
18. A Championship team must be obsessed with the fundamentals

Mike Roller

1. Understand why you are here:
 - a. Singleness of Purpose – accomplish one thing
 - b. Be the very best you can be – at what you chose to be
 - c. Extend yourself
2. Camper on an artificial leg
 - a. Roller get on to him
 - b. Never told Roller he had a artificial leg
 - c. He had the true understanding of what camp is all about
3. Trying to get better
 - a. We never know enough

Coach Don Meyer - Attitude

1. Know your purpose
 - a. Teach kids – Personality, Skills, Team Attitude
 - b. What would Jesus do?
2. Help yourself by helping other people
 - a. Be a good teammate
 - b. Play Hard, Smart, Together – *John Wooden*
3. Cause over self - Servant Leadership
4. Use things & Love People

Rick Pitino 3 things to be successful

1. PEE = Positive, Energetic, Enthusiastic
2. Goal Directed
3. Not normal – not lazy, You don't put 60 hours + in an 8-5 day

Aldoph Rupp and Bear Bryant

- You determine what you want out of life
- Find out what it will cost you
- Decide whether it is worth it

How to get where you want to go – Don't tell us, Show us

1. **Imagery** – Be realistic, visualize in your mind – See it happen
2. Learn what it takes to get there – **Write it down**
3. **Your Reach must exceed your grasp**
4. **Keep goals to yourself** – compete within
5. **Put up or Shut up** – Belief in self and others

To Reach your potential it takes

1. Respect – You earn it by doing your best
2. Trust – You earn it by being dependable
3. Balance – Perspective, know your limits

Camp Rules

Everybody takes notes

Everybody says yes sir / no sir – Please and Thank You

Everybody picks up trash

DEVOTIONAL

GARTH PLESANT – MICHIGAN CHRISTIAN COLLEGE

3 R'S

Responsibility – Be the best you can be

Respect – A good attitude towards people

Religion – Show Thankfulness towards people

Mike Roller – David Lipscomb High School

-Most of us would rather be ruined by praise, than be save by criticism

-Don't let your friends hold you back

-David and Goliath – His brother told him he couldn't do it

-Many times it is your friends holding you back, not your enemies

Roller's 4 Biblical principals for his High School team

1. Give Glory to God in every situation – playing and coaching is a way to serve God

2. Together – being unselfish for the team

3. Work Ethic – don't apologize for working hard

4. Humility

First impression vs. Lasting Impression – Start treating people like it was the last impression

Frank Bennett – Lipscomb University

-Live to Glorify God – Colossians 3:17

-Live Unselfishly – Phillipians 2:3-4

-Live to serve other people – John 13

-Live relying / trusting in God – Isaiah 40:28-31

FOUR BASIC HUMAN NEEDS

1. To really live – To feel like you've accomplished something
2. To love and to be loved – It is better to love
3. To feel important
4. Variety

Jerry Krause's Rules

1. Find yourself – It's a struggle
2. Find your unique talent and develop it
3. Give it away

Would you rather have the pain of discipline or the pain of regret?

3 Types of People in the World

1. Immovable – will not work no matter what you do
2. Movable – will work, but you have to light a fire underneath them
3. Move on their own – look for work without supervision

COACHES MEETING

TEACHABLE MOMENT

1. Who am I teaching?
 2. What am I teaching?
 3. Where am I teaching?
 4. When am I teaching?
 5. Why am I teaching? (Motives)
 6. How am I teaching?
- Coaching is giving them hope – there is hope, there is help
 - You win a war in boot camp – build discipline
 - Servant goals vs. selfish goals
 - Give directions that cannot be misunderstood
 - Sweat with the players
 - Be a student of the game
 - Critical Thinker
 - TEACH
 - Servanthood – Those who would be first, must be last
 - Reputation is what people think you are, Character is who you are
 - Pornography is like Leadership – I can't define it, but I know it when I see it
 - Learn your personality – Do not clone yourself
 - Dick Motta – Got in the worst possible mood before practice so he could be alert & observant
 - Be a good Reflector – teach kids how to teach themselves
 - See it correctly, Feel it Correctly, Repeat it correctly
 - Politeness and Courtesy
 - Hard to get away from the limping until you throw away the crutches
 - Be the kind of person that makes the difference in someone else's life
 - Collective Responsibility – Collective Ego
 - Make the game simple and easy to learn
 - Winning is a by-product of giving
 - Be good to young and old people, because they cannot do anything for you and your doing it for the right reasons
 - Coaching is like surgery – it's not successful until you close it
 - Defuse anger by speaking softly
 - Timing in firing someone is important, more important than the firing itself
 - It's not what you teach / it's what you emphasize
 - Mistakes – Recognize, Admit, Learn, Forget
 - Wooden – Never lie, cheat, or steal / Don't whine, complain, make excuses
 - 4 Laws of learning 1) Demonstration 2) Imitate 3) Correct the Imitation 4) Repetition
 - America – where adults are treated like children and children are treated like adults
 - The law of the farm – you cannot fake hard work / you cannot fake the harvest
 - People like you by what you see in them
 - The people who think they are the worst are usually the best
 - "Anger is a weed, Hate is a Tree" St. Augustine
 - We all do dirty jobs
 - If you go into coaching for the money – you won't make it
 - You must be generous to be prosperous – Don't do the right things for the wrong reasons
 - Preparation – Teach, Compete, Close
 - Harder to build good will than it is to build bad will

BALL HANDLING

MENTAL

1. Go fast enough to make a mistake
2. Do everything in a stance
3. Keep eyes up – Vision underneath opposite net

Drills

- Slaps
- Slams
- Popcorn
- Around Head, Waist, Ankles
- Around all 3
- Around legs
- Figure 8
- Ricochet
- Dribble around legs
- Figure 8 Dribbling
- Spider Drill
- Control Dribble
- Control Dribble Crossover
- Back Dribble
 - o 2 dribbles out / 2 dribbles back
- 2 ball Dribbling
 - o Low Rhythm
 - o High Rhythm
 - o Low Non-Rhythm
 - o High Non-Rhythm
 - o One High One Low
 - Dribble to 1/2 court and back using all 5
 - Move at angles – change hands each angle
- Dribble & Juggling
- Dribble & underhand toss
- Dribble & overhead pass
- Taking infield
- 2 ball passing
 - o 2 basketballs
 - o 1 basketball & 1 tennis ball
- 3 ball passing

Pull Back Crossover Progression

- 1-2 Over
- Push-Pull
- Push-Pull Crossover
- 1 Step out, Push pull Crossover
- 2 Dribbles out – Pull back Crossover

TRIPLE THREAT

BE ABLE TO DO THREE THINGS QUICKLY FROM THIS POSITION

1. SHOOT 2. PASS 3. DRIBBLE

- LBBBOS – Low Body Balance Base of Support
- Be Compact – Economy of Motion
- Permanent Pivot Foot – Left foot for Right-handers, Right foot for Left-handers
- Knees Bent
- Ball in Shooting Pocket – above waist, below shoulders (different for each player)
- Right foot slightly in front of left (Opposite for Left-handers)
- Feet shoulder width apart

TEACHING PROGRESSION – STARTS, STOPS, & TURNS

LBBBOS – Low Body Balance Base Of Support

Starts

- Long, Low, and Quick
- 2 Types – Direct Drive (Drive with Right hand), Crossover Drive (Drive with Left hand)
- Always step with same foot (Right for Right-handers – Opposite for Left-handers)
- Circle Tight – Chin to Chin on Crossover Drive
- North and South – Body on Body for each Drive
- Get your head and shoulders past the defense
- Chest over thigh
- Toe in front of knee

Stops

- Jump Stop – One soft sound
- Hop on one foot – whistle blows land on both
- Then begin to move forward in line hopping on one foot
(Land on heels, Should not make a loud "thud")
- Now have player start with a start step and end with a "Jump Stop"

Turns

- Two types Front and Rear Pivots / Turns
- Imagine a nail driven through your toe of your permanent pivot foot
- Lift your heel
- Do not break the glass ceiling
- End lower than what you started
- Full Turns / not partial turns
- Front Turn – Throw your arm forward – face the opposite direction
- Rear Turn – Throw elbow backward – face the opposite way

SHOOTING

MENTAL FACTORS

- Ready to Learn
- Confident, not arrogance
- Confidence comes from Demonstrated Ability
- If you are nervous you are not prepared
- Shot selection – not equal opportunity
- A good shot is one that you make 6 out of 10 at game speed with no defense
- Adapt vs. Adopt
 - o Pick things up that will help your shot
 - o Not change whole shot to imitate
- Most people don't have the discipline to take the time to do it right the first time
- Phil Jackson on Shaquille O'Neal – It does not matter how much he practices, he practices the wrong way **"PERFECT PRACTICE MAKES PERFECT"**
- Shannon Zolman (Lady Vols) – goal each day 750 makes

FOUR THINGS FOR A GREAT SHOOTER

1. **Start in Triple Threat** – Must be ready to shoot, start your shot in the same place – *Hands Ready, Knees Bent*
2. **Get the ball up** – 60 degree arc (In between 90 and 45 degrees) The top of your shot should be as high as the top of the backboard
3. **Keep the ball straight** – Cannot miss left or right
4. **Hold a High One Second Follow Through** – Exaggeration of your follow through ensures that you have the same shot each time - Consistency

SHOOTING PROGRESSION

"Got to be able to do the small, seemingly unimportant things well to get ahead"

"Work on your shot without worrying about making a shot"

"Good Shooters do not miss Left and Right – Great shooters do not miss short"

1) Wrist Extensions

- o Fingers pointed out / in
- o On knees

2) Purse Drill

- o Find your shooting pocket
- o Elbow – Toe – Knee in a straight line

3) TV Shooting without ball

- o Elbow on floor / against body
- o Follow straight up - retrace

4) TV Shooting with ball

- o Ball should land on the back of the hand
- o Partner Catches it

5) Line Shooting

- o Find line – Shoot the ball at target, not at partner
- o Eyes on Target, not on ball

6) Off the Backboard or Wall

- o Shoot ball against backboard – make it hit on the way down
- o Shoot it up / not at the target

7) Groove Shot

- o Let the ball bounce, catch it with one hand, turn it around and shoot
- o Start close to the basket – do not move back until you make it clean
- o Work all the way to the 3 Point line before you start your work out
- o Better to work 30 minutes of grooving than 2 hours shooting 3's the wrong way

LAY-UPS

Most Games are lost because teams do not make their lay-ups and Free Throws

KEYS

- 1) Angle should be above the block
- 2) Put eyes on target right away – Top near corner of the glass
- 3) Chin the ball – Go get it with other hand
- 4) Footwork - Right Elbow – Right Knee / Left Elbow – Left Knee (Imaginary Chain)
- 5) Shoot the ball softly – Make it hit on the way down
- 6) High Jumper vs. Long Jumper – Jump up, not out

Power Lay-ups

- 1) Jump Stop
- 2) Point your toes to the baseline
- 3) Shoulders square to the backboard
- 4) Chin the ball
- 5) Make the ball hit on the way down

FREE-THROWS

Mental Approach

1. Shoot free throws the same way every time
2. Keep it straight – do not miss left or right
3. Eliminate all negative motion – Start your shot from the same spot each time

Six Steps

1. **Find the dot** – Toe on dot – Toe, Knee, Elbow, Ball - - All in straight line
2. **Bend your knees** – Everything towards basket from the point
3. **Do what you do** – Same routine every time
4. **Cock & Lock** – Starting point each time
5. **Find you target** – Just over the front of the rim
6. **Hold a high one second follow through** – Finish on your toes (Feel the steel)

DEFENSE

Mental Approach

- To win championships you must play great defense
- Attitude and Stance are the two most important things
- Best defender always starts
- Should make you sick when you get scored upon
- Get in a stance, Stay in a stance, Move in a stance
- Defense require – **HEART, COURAGE, a BRAIN** – Do you need to go the wizard

THERE ARE THREE STANCES YOU MUST BE IN WHILE ON DEFENSE

1. ON THE BALL

1. Positioning – Ball, Head, Basket
2. Low – Head below opponents shoulders
3. Wide – Wider than your opponent
 - a. Point toes outward
 - b. You want to move laterally & backward quickly
 - c. Get your weight back – ready to move backward
4. Arm length gap
 - a. Front Hand on or around the ball at all times
 - b. Back hand ready to sickle the pass
 - c. Arm bar concept when the ball is driven at you
5. Feet, Mouth, and Hands should never stop moving
 - a. Feet – quick feet - on toes
 - b. Mouth – Ball & Dead X 3
 - c. Shot X 1
6. 6" Push Steps to move – Point your toe in the direction you want to move
 - a. Retreat Step
 - b. Advance Step
 - c. Swing Step

THREE GOALS WHILE GUARDING THE BALL

1. Make the man a single threat – make him dribble
2. Create a dead man
3. Force away from the middle

CLOSEOUTS

1. Sprint half the distance to your man
2. Short choppy steps
3. Sit into your stance
4. Inside foot up - Take away middle drives
5. Get your weight back to kill momentum – Hands behind head

CONTEST THE SHOT

1. Go up with the inside hand – Hand over front foot
2. Pressure the shot vs. blocking the shot
3. Keep the wrist back

*****NCAA Study: Teams shot 29% with a hand in shooters face & 49% without a hand in shooters face on shots 15 feet or longer*****

BLOCK OUT

1. Contest the shot
2. Contact with forearm

3. Make the quickest turn & make contact with butt
4. Keep hands at shoulder level to retrieve ball & avoid fouls
5. Pursue the ball – Most important part

2. DENIAL – Your man is One pass Away

WHY DENY?

1. Force out of Shooting range
2. Make them catch out of triple threat
3. To get a steal
4. Destroys team' timing and passing angles – You dictate where they put the ball

KEYS

1. Position
 - a. Ball – You – Man
 - b. On / Up the line of the ball
2. Stance
 - a. Back to the Ball, Chin on shoulder
 - b. Palm in the passing lane – thumb down
 - c. 75% of vision on ball; 25% of vision on man
3. Footwork
 - a. Advance
 - b. Retreat
 - c. Open – when you lose vision, man hits the lane, or the ball is passed
4. Communicate – Deny X 3

3. HELPSIDE – Your man is Two passes Away

1. Form a flat triangle between your man and the ball
2. Point to your man and the ball – Pistols
3. Sit into your stance
4. Give help outside the lane
5. 75% of your attention on the ball
6. Communicate – Help X 3

Helpside position allows three things

1. You can help teammates (5 on 2, 5 on 3 concepts)
2. You can stop the flash cut (across the lane)
3. It's harder to be screened

Sprint to Help concept

1. When the ball moves – you move to a new position
2. Be sure to move as the ball is dribbled
3. Sprint to helpside puts you in a position to play cutter

Coverdown is team help on a baseline drive

1. Nearest player stops the ball – this creates a double team
2. Other players rotate toward baseline – cover the back side block
3. Once in position – other players anticipate a steal

TEAM DEFENSE

- Defense is team oriented – Offensive players are too good to stop one on one
- Team defense is as strong as its weakest link – Don't let your teammates down
- Intensity + Technique = Hustle Plays
- Ballside makes you tough; Helpside makes you successful
- Three most important things in order
 - Ball
 - Your position
 - Your man
- 2 great defender can make a great defender
- Best defender always starts
- Defense does not get beat on the help – it gets beat on the recovery

POST DEFENSE

1. Position
 - a. Ball above the foul line = On the line & Up the line of the ball
 - b. Ball below the foul line = Dead front
 - c. Other ways to play – Behind & Low Side
2. Do not help up the lane
3. Help & Recover outside the lane (Baseline Drive)
 - a. Help Early
 - b. Make them pick up the ball
 - c. Recover quickly to your man
4. In the High Post – Play on the line / up the line & jump to the ball on each pass

ATTACKING PRESSURE

1. Handle with either hand
2. Focus your eyes under the net
3. Change speed & Change Direction
4. Be under control
5. Use flick passes
6. Pass Fakes

PUTTING THE BALL IN PLAY vs. FULL COURT PRESSURE

1. Start in the middle of the floor
 - a. Away from the sidelines and baselines
 - b. Cut towards the ball, put your body on their body
2. Read the defender
 - a. The most vulnerable part of the defense is its back
 - b. Get them to cross their feet
 - c. Read the eyes of the defense – once they lose vision make a cut
 - d. A little tug on the defender away from where you want to go
 - e. Side – Seal & meet pass
 - f. Fronting – walk defender down to the baseline & set up for the lob
3. Catch in the Air & land facing your basket
 - a. Turn, **Look**, & Go – if you cannot square in the air
 - b. Always turn facing the largest part of the court
4. See a double team – Pull Back Crossover
 - a. Avoid spin dribble to avoid traps
5. Enter the ball through the middle 1/3 of the court
 - a. Set cuts and drives up with pass fakes
 - b. Pass fake, cut, look for the ball
6. Sometimes the obvious play is not the smartest play
 - a. i.e. – Run & Jump defense
 - b. Pass to the person in front of you = steal
 - c. Read the string of defenders – where does the string break

PASSING & RECEIVING

General Ideas on passing

1. There are not many great passers any more
2. Everybody likes a good passer
3. Good passing teams are happy teams
4. Look to point and say thanks for a pass

Good passers can do these things

1. Pass with either hand
2. Work on passing anytime they have a ball and a teammate (Shooting drills, etc.)
3. Understand the people they pass to (Right person, Right place, Right time)
4. Zip their passes – No lobs – With proper spacing you cannot throw a flick pass too hard
5. Make the easy pass and pass away from the defense

Types of Passes

1. Flick passes (With either hand)
 - a. Triple threat position
 - b. Step, extend, snap (Wrist through his forehead)
2. Bounce passes (With either hand)
 - a. Chest over thigh
 - b. Bounce 2/3 of the way to receiver
 - c. Turn wrist over for proper spin
3. Two hand over head
 - a. Start in Triple Threat
 - b. Ball on forehead
 - c. Step and snap wrists over
 - d. Hit target above shoulders

Receiving

1. Hands ready (Hand targets) & Knees bent
2. Call name
3. Catch with Eyes, Fingers, Feet
4. Block & Tuck the pass
5. Meet the pass, Catch with feet in the air, & Jump Stop into Triple Threat

Feeding the Post

1. Feed the post above the shoulders or below the waist
2. Bounce pass or Air pass to the baseline side
3. 2 hand over head pass from on top
4. Pass leads to a shot – Give the post a pass in a position where they can use the glass
5. Pass when you see their numbers
6. Pass away from the Defense

Five Types of feeds

1. Dribble down
2. Loop the wing and feed from on top
3. Take it off the baseline and feed baseline side
4. I-cut
5. Step Out

Know the 4 ways that the post can be guarded and how to feed

1. Behind – Air pass above shoulders
2. High Side – Air or bounce pass to baseline side
3. Low Side – Air pass to the middle
4. Fronted – Seal out from Hi-Lo feed on top

Receiving a Post Feed

1. Show numbers
2. Hold Seal
3. Catch with two hands
4. Catch the ball perpendicular to the line of the pass
5. Catch the ball with shoulders square to the backboard

After Feeding the post move off the post

1. Move up – toward top of the key
2. Move down – to the corner
3. Laker cut – 6 feet off the post baseline or High side

MOVING WITHOUT THE BALL

- 90% of the game is played without the ball
- 32 min game – 16 minutes of offense – 3.2 minutes with ball
- Learn how to score before you get the ball
- Move at an 8 speed on offense
- Move with hands ready
- Change direction
- Change speed – in slow / out fast
- Learn to read the defense
- Move with a purpose
- Intelligence can maximize athletic ability - - Larry Bird, Jeff Hornacek

V-cut and Catch Facing (Away from the basketball)

1. Read the defense
 - a. Watch your defender, not the ball - - Your defender will tell you where to go
 - b. If the defense plays you high, take him higher and v – cut low **(Back-cut)**
 - c. If the defense plays you low, take him lower and v – cut high
2. Give a hand target and call for the ball
3. Catch the ball in the air and land facing the basket in triple threat
 - a. Hop on foot closest to basket – point your toe towards the basket
 - b. Square you body in the air as you catch
 - c. Land with toes toward the basket in triple threat
 - d. Lean over the basketball when catching on the move

Pass and Cut (Basket Cut)

You are the most open once you have just passed the ball, because the defense relaxes

1. 2 types of cuts
 - a. Front cut – when defense does not jump to the ball, quick cut (one motion)
 - b. Back cut – when defense jumps to the ball

SETTING AND USING SCREENS

Ways to score and get open

1. Move the ball
2. Move people
3. Set and use screens

Types of Screens

1. Downscreen – Back to the ball
2. Backscreen – Back to the basket
3. Flare screen – Back to the corner

Setting Screens – BE LOW, BE WIDE, BE A PAIN IN THE BUTT

1. Get the proper angle – it is all set up by a basket cut
2. Call name and tell them to wait (Wait, Wait, Wait)
3. Screen a defender (Not a spot, not air)
4. Jump stop into the screen
5. Protect yourself
6. Be a 2nd cutter – Open to the basketball or slip to the basket

Using Screens

1. V-cut – take the defense away from where you want to go
2. **Wait** on the screen – Better to be late than early
3. Read the defense and make the proper cut – Watch your defender not the ball
4. Nosehole to nosehole on the screen – Run straight at the screen and make contact
5. Show a hand target – where do you want the pass

4 Types of cuts

1. Straight – When the defender is nailed by screener
2. Curl – When the defender chases you
3. Backcut – When the defender cheats over the top of the screen
4. Flare / Out – When the defender goes ball-side (underneath) of the screen

REBOUNDING

- You can never rebound too much
- Defense is all about guts and playing hard
- You can shoot 33% & your opponents can shoot 50% - You can still win if you get every rebound
- You never win a championship, because of offense
- Dennis Rodman – Only thing he could do is rebound
- 85% of shots go the weakside – ½ the distance the shot was taken from
- Block out outside the lane
- Must go find your man to block out
- Stay between your man and the goal
- Just because you are a guard does not mean you cannot rebound
 - Point Guard ought to be leading Defensive Rebounder – No blockout Responsibility
- Michigan State Rebounding
 - If you Rear Pivot – you lose vision
 - Put a forearm in their chest and pursue
 - With good offensive rebounders – you shadow them
 - Throw your arm through their chin

BOPCRO – Block Out Pursue Chin the Rebound Outlet

1. Yell Shot
2. Find man
3. Turn and Sprint
4. Make contact – do not receive contact (no pushing or throwing elbows)
5. Step across and sit on their thigh, hands above shoulders (90% of rebounds are below the rim)
6. Pursue the ball – Jump through the ball (Should jump like an airplane, not a rocket)
7. Chin Rebound
8. Outlet – Turn to the outside

Offensive Rebounding

1. Avoid Contact
2. Either get inside or beside – then it is a battle of size or heart
3. Know the angles – shots go opposite
4. Know my teammates shooting tendencies
5. Every shot is a pass to me

DRIBBLING & DRIBBLE MOVES

Dribbling

Don't overuse the dribble – dribble with a purpose

4 Reasons to dribble

1. Advance the ball
2. Go to the basket
3. Improve a passing angle
4. Get out of trouble (Save your dribble; Don't pick it up without a pass or shot)

Technique

1. Dribble on your fingers
2. Use fingers & wrists to control the ball
3. Keep your head up – see the bottom of the opposite net
4. Pull back one panel on the ball at a time

Dribble Moves

1. Speed – Push ball out in front of you
 2. Hesitation – Raise up a little, Head & Shoulders
 3. Crossover – below knees
 4. Pullback Crossover – Most important, Create space, Get out of trouble
 5. In / Out – Head Shoulders, Fake Crossover
 6. Between legs – Go at an angle
 7. Stutter Step – Squeak feet, Get wider
- Develop a go-to move – not 10 different ones, but one really good one
 - When dribbling at a defender – dribble right at them – aim for their eyes

LIVE BALL MOVES

-Start in Triple Threat facing the basket

-Start Step with same foot each time

-One dribble pull-up jump shots and finish at the basket

-Should be able to get to the basket in one dribble from the 3 pt. arc

-Go Somewhere with your dribble

-Make the defense think you are pulling up for a shot on your hesitation move

-No foot fakes – Referees call what they think is traveling not always what is

-2" shot fake while keeping your knees bent

-"You are the most open when you first catch the ball" –Chuck Daly

-Do not let the defense get set when getting into triple threat – be quick and catch defense off guard

1. **Catch & Shoot – The best and most important – sets up all the rest**
2. **Catch & Direct Drive**
3. **Catch & Crossover Drive**
4. **Shot fake & Direct Drive**
5. **Shot fake & Crossover Drive**
6. **Catch, Drive, Hesitate, & Finish**

Driving against momentum

-Always attack with your dribble where the defense has come from

-Catch going to your right – rip back to your left (vice versus)

ZONE ATTACK

- Why are they Zoning?
 - To take away you inside game?
 - To force quick outside shot?
 - Because they cannot play man?

Perimeter Principles

- Start high and wide
- Hands ready / Knees bent
- Make easy passes with outside hand
- Catch facing the basket ready to shoot
- Use shot fakes & Pass fakes – Zone defenders do not usually stay in a stance or closeout well
- Use the dribble vs. the zone
 - Penetrate a gap – make two guard you and find the open shooter
 - Dribble away and look back toward where you came from
- Dribble loop & skip pass
- Use pass fakes & shot fakes

Post Principles

- Start below the zone to stretch the defense
- Flash into the gaps & seal somebody
 - Seal in – Keep defender behind you to the inside
 - Seal out – Keep defender behind you outside of the paint
- Screen in
 - Best thing a post can do
 - Screen him on a pass to the wing
 - Make him slide around you high
 - Go seal next defender on the baseline
- Step out
 - Step out to the corner when the ball is on the wing
 - Very good with dribble follow
 - Good after inbounds play
- Center screen
 - Screen bottom of zone for other post player
 - Can come back to the ball high

INDIVIDUAL DEVELOPMENT WORKOUT

Free Throws before you start – Makes you concentrate

Warm-up

- V-cuts
 - Work low – sink your hips
 - In slow / Explode out
 - Quick fakes & jabs, vs. long 3 or 4 steps
 - Exaggerate the techniques
- Defensive Work
 - Push Steps – Exaggerate / Slowly
 - Swing – throw the elbow
 - Helpside, Closeout, Denial
 - Active feet, but never hop

Zig-Zag Dribbling

- Eyes always up
- Control dribble
- Between the legs on crossover (for protection)
- Power / Spin

Mikan Drill

1. Regular
 - a. Snatch it out of the net with two hands
 - b. Bring it to your chin and back up high off the glass
 2. Power
 - a. No steps in between
 - b. 2 feet – Quick Jumps
 - c. Jump to snatch out of the net
 3. Reverse
 4. Shot Fake
 - a. 2" shot fake
 - b. Eyes on target
- Create pressure situations
 - 5 clean before you move on

V-Layups

- 1 dribble from Free Throw line to basket
- Dribble once out with opposite hand to Free Throw line
- Quick turn at Elbow, Sink hips, & turn shoulders
- Explode to the rim, Keeping ball in same hand – 1 dribble

Pull-Back Crossover

Progression –

- Push, Pull, Crossover
 - Make the ball keep up with your feet
 - Lead with your feet
- Power Dribble
 - Forward 2 dribbles
 - Backward 2 dribbles
 - Crossover below knees or between legs
- Explode for lay-up on 3rd time
- Add fake crossover / in & out move and explode for lay-up

Lane Dribbling

- 1 Dribbler, 1 Defender
- How long can you keep your base, protect ball, & stay in the lane

1 on 1, 2 ball dribbling

- Defender keeps hands on shirt
- How long can offense keep control of the ball
- Defense can add 1 basketball and try to steal other basketball
- Win by crossing through Free Throw line

1 vs. 3 Stagger to score

- Stagger defense
- Keep the ball in center of floor
- Use go to moves to beat defender – dribble right at them
- Make a decision 10 feet away as to which side you will go to
- Can start with an inbounds pass

1 on 1 Full Court

- Develop own restrictions and rules to the game

5 clean lay-ups 2 clean free throws

Free Throw Swish

- Swish = +1
- Miss = -1
- Make with iron = 0
- Start with +2 -2
- Lose = 10 pushups

32 Point Shooting Drill

- 5 Spots, each spot is worth 6 points
- Shoot 3 shots from each spot
- 3 pointer = 3 points, One dribble pull up = 2 points, Shot fake finish at basket = 1 point
- 2 free throws = 1 point each

TEAM ORIENTED IDEAS

- Priorities of Basketball:
 - Being a Team –
 - Eagerness to sacrifice yourself for the good of the group
 - Ability to lose yourself in something bigger than yourself
 - It begins with encouragement – Great feeling for teammates to clap for you when you come out of the game
 - Play hard and concentrate so that you don't let your teammates down
 - Rebounding
 - You cannot rebound too much
 - Great Defense is completed by a defensive rebound
 - Must have offensive rebounding. You cannot score enough points out of half court offense to win
 - Defense
 - Gives you team consistency
 - Best defender always starts
- Unselfishness:
 - The hardest thing to do is to be unselfish
 - Do the dirty jobs – Take hits, dive on loose balls, hit the open man, pick up trash
 - On a good team one or two people do the dirty jobs; on a great team everyone does them
 - Are people better for being around you?
- Why players do not talk:
 - Do not know what to say
 - Out of breath
- All of preparation is for naught if you do not buy into the team

POST PLAY

THINGS TO BE A GREAT POST PLAYER

1. Heart
2. Hands
3. The ability to shoot the ball
4. Head
5. Feet

DRILLS FOR BALL HANDLING

1. Slams & Slaps
2. Ball around 1 leg
3. Dribble around 1 leg
4. Figure 8 drill
5. Figure 8 dribbling

DRILLS FOR POST TO DEVELOP STRENGTH WITH BASKETBALL

1. Wrestle ball out of each other hands – cannot move feet or hands
2. Hold ball above head – partner try to knock ball out of hands
3. Smash ball on wall or backboard - - 10 consecutive - - quick jump
4. Back to the passer drill
5. Bad pass reaction – call name – move your feet – to get body in front of the ball – chin ball
6. 2 ball pick-ups – stay low with push steps – chin the ball – left & right flick passes
7. Two ball dribbling

Develop strength in hands & wrists / Hand – Eye Coordination

PASSING DRILLS

1. Back to the passer drill
2. Bad pass reaction
3. One handed pass & catch drill

THREE MENTAL ASPECTS OF SHOOTING

1. Ability to learn – Willing to change
2. Shot discipline – Know your range “Want to be a great shooter? Take great shots!”
3. Develop Confidence
4. Adapt vs. Adopt

SHOOTING PROGRESSION – Way to work on shooting without worrying whether the ball goes in or not

1. Purse Drill
2. On back without ball
3. On back with ball
4. Mirror shooting
5. Mirror shooting with ball
6. Shooting off wall
7. Groove shot

FOUR THINGS TO TEACH A POST PLAYER

1. Getting open where you can score
2. Stay open / Sealing the defense
3. Safely receive the ball
4. Score as simply as possible

POSITIONING

Get yourself Open – most important part of low post play

Defenses are designed to keep the ball out of the low post

1. Learn to change speeds & direction
 - a. Don't run in straight lines
 - b. Slow to fast
 - c. Take defense high or take defense low
 - High = Take him higher
 - Low = Take him lower
 - d. Timing – move when the ball can see you – don't chase the ball – best thing to do at times, may be to let the ball come to you
 - e. Seal - - Most important part to getting open – art of getting your body between the defender & the ball
 - Beat the defender's feet (not his upper body)
 - Sit on the defender's thigh or knee
 - Keep contact by moving feet
 - f. Stance – offer target to the ball
 - Hands up with elbows at shoulder level
 - Common mistake – Elbows behind body
 - g. Numbers – show numbers to the passer
 - Can the ball see your numbers

I Getting open WHERE YOU CAN SCORE

1. Run the floor
 - a. Four second transition
 - b. Straight line transition
 - c. Run straight to the defender – seal under the basket, as close to the basket – not to the block
2. V-Cut
 - a. If defense is high – take them higher & explode low
 - b. If defense is low – take them lower & explode high
 - c. Change of pace with the change of direction – Start slow, then fast
3. I-Cut
 - a. Cross Step, Hop
 - b. Never lose sight of the ball
 - c. Up the lane in range
4. Step Out
 - a. Cross Step, Hop
 - b. In range
 - c. Facing the basket
5. Seal, Catch, Drop-Step, & Hop

II SEALING

Learn how to seal well enough, to where one defender cannot keep you from catching the ball

1. Seal in – defender in the lane
2. Seal out – defender out of the lane
3. Set up for the lob – show hands, contact with lower body

Technique

1. Most important – Keep your feet between the defender and the ball
2. Knock defender back one
3. Initiate the contact – waist down
4. Keep back straight
5. Arms form L – see the back of hands
6. Show numbers to the ball
7. Get both feet in the paint every time
8. Leg Whip – step over front foot to seal
9. Spin & seal – Nelson move
 - a. Step in between defenders legs
 - b. Step in and seal
10. Create a passing lane before ball gets into passing area

Setting up for the lob

1. Try to seal in the lane
2. Shoulders square to the baseline
3. Contact at hip – show both hands
4. Hands above shoulder
5. Hold seal until ball is directly above your head

3 Reasons to break your seal

1. Out of scoring range
2. Prevent three second call
3. To meet the pass

BANK SHOOTING

1. Allows us to shoot the ball higher – vs. taller opponents
2. Bigger margin of error
3. In traffic is effective
4. Shoot it higher than your target – when you tire, you will shoot it shorter
5. Never shoot it short
6. Hit the glass on the downward flight

When to shoot?

1. On all power moves & lay-ups
2. Going to the glass
3. Proper angle

III SAFELY RECEIVE THE BALL

Catch with:

1. Call for the ball
2. Point the basketball & communicate where you want the pass from
3. Feet
 - a. Meet the pass – don't just stand there, attack the ball
 - b. Catch with a jump stop
 - c. Catch lower than when first started
 - d. Make a ¼ turn towards the basket while you are in the air
4. Eyes
 - a. Look the ball into your hands
 - b. Do not make a move before you catch the ball
5. Hands
 - a. Block & tuck
 - b. Catch with fingers, not with palms
 - c. Chin it & look in the direction of the pass

IV Scoring Simply

1. Less is more
2. A go-to move and a counter move
3. Turn jump shots into power moves

3 Rules

1. If I catch the ball with at least one foot in the lane, I do not dribble
2. If I catch the ball outside the lane, I get one dribble
3. Use glass on all power moves

Moves – Add Shot Fake & you double your moves

1. Step – Dribble – Hop baseline
 - a. Chin ball
 - b. Look at target
 - c. 2 hand power dribble
 - d. Land with toes to the baseline
2. Step – Dribble – Hop middle
3. Baseline turnaround jumper – use glass
4. Turnaround jumper to the middle
5. Up & under without dribble
6. Up & under with dribble
7. Two foot jump hook
8. One foot jump hook

POST DEFENSE

4 Areas to guard from

1. On top
2. Below
3. Front
4. Behind

-If you get caught behind the post

- Get a 1/2 man to the baseline side
- Get a gap to the baseline side
- Get both hands above your shoulders

-Close your gap once the offense dribbles

- Force him to pick it up
- Put hands straight up (Umbrella)

Setting & Using Screens

Setting:

1. Get a proper angle
 2. Call names / hand signals
 3. Cover yourself
 4. Make hard 2nd cuts
- **Get 2 steps (6 feet) on blind screen****

Types:

- Down
- Back
- Flare
- Cross

Using:

1. Wait
2. Set up defense – V-cut
3. Touch screen – shoulder to shoulder
4. Read defense & make proper cut
 - a. Straight
 - b. Curl
 - c. Back-cut
 - d. Flare / Fade

PERIMETER PLAY

MENTAL APPROACH OF A PERIMETER PLAYER

1. Make good things happen
2. Be a leader
3. Be a smart player
4. Be a coach on the floor
5. Be a communicator
6. Make the easy pass
7. Shoot at least 80% from the free throw line
8. Handle the ball confidently
9. Eliminate mental mistakes
10. Bring out the best in your teammates

Putting the ball in play

1. Open a outlet as deep as possible
2. Move off one defender
 - a. vs. front – walk man down to baseline – post for a lob
 - b. vs. side guard – seal & post
 - c. vs. double team – beat one defender – play off front defender
 - d. Get open in the middle of the floor
3. Catch facing if possible
4. Turn, look, go – see everything in 1/1000 of a second
5. Focus vision under the net to see the whole floor
6. Use dribble to get out of trouble not into trouble
7. Don't pick up your without a pass or a shot
8. Stay away from the sideline
9. Enter the center 1/3 with dribble – through the circle
10. Prefer to enter vs. pressure with a pass
11. Three available receivers and deep diagonal opposite
12. Call for high post vs. pressure
13. Use the pullback crossover vs. traps
14. Never cross the half line and pick up dribble vs. pressure or trap

Stay off the Baseline

1. Pass to the baseline if it leads to a good shot
2. Drive baseline only if you can get to the hoop
3. Move to the elbow vs. corner shots
4. Missed baseline shot or lay-up by point guard usually results in a fast break for opponent
5. Harder to rebound baseline shots

Give the man the ball where he can do something with it

1. Floor location

2. Pass location – hit hand target

Dribbling

1. Four reasons to dribble – Must be with a purpose
 - a. Advance the ball up the floor
 - b. Take the ball the basket
 - c. To improve a passing angle
 - d. To get out of trouble
2. When dribbling remember:
 - a. Passing is quicker than dribbling
 - b. Do not waste a dribble – with a purpose
 - c. Focus vision under the net – see the entire floor – keep the offense flowing

Live Ball Moves

Emphasis on creating space – Guards create space, Posts take up space

1. Catch & shoot
 - a. Most important & most important
 - b. Hands ready / Knees bent
 - c. Make the defense play honest – sets up all the rest
2. Direct drive
 - a. Toe goes directly at target
 - b. Get head & shoulders past the defense
 - c. Body on body – north & south to the rim
3. Crossover drive
 - a. Circle tight – chin to chin
 - b. Body on body – toe at the target
 - c. Same pivot foot and start step foot for direct and crossover
4. Shot fake & direct drive
5. Shot fake & crossover drive
6. Catch drive, Hesitate, & Finish

Feeding the Post

1. From triple threat position read the defense
 - a. 4 ways to guard the post – above, below, behind, front
 - b. See perimeter defenders dropping to help
2. Type of pass – receiver should catch below the waist or above the shoulders
 - a. Bounce pass or air pass on the baseline side – bounce pass is hard to deflect
– Air pass gets there quicker
 - b. Feed high from on top (Hi-Lo feed)
 - c. Lob vs. front
 - i. Post must seal outside the lane
 - ii. Throw overhead pass to corner of basket to avoid charge
 - iii. Never lob to the middle
3. Feed the post sequence
 - a. Dribble down
 - i. Use to get a passing angle when the defense is playing above

- b. Dribble off the baseline
 - i. Defense tends to relax when you take it off the baseline
 - ii. Dribble off and come back quickly to feed
- c. Stack for the wing pop-up
 - i. Wing must work hard to get open
- d. Loop
 - i. Point dribble to the wing "Loop, Loop"
 - ii. Wing receives pass on top and feeds high to the post who is sealing
- e. Take it off the top & skip
 - i. Point dribbles opposite the post & skips to a wing opposite
 - ii. Wing feeds post who is sealing in

Key Point in Feeding the Post

1. Proper spacing – around the 3 pt. arc
2. Deliver the ball where the post can use the glass – Post should not catch below the block
3. Never give the ball to a post unless you can see the numbers on his jersey, unless the post is fronted – when fronted, the post must seal out of the lane
4. Move to the elbow after feeding the post with hands ready & knees bent
5. Make sharp passes to the post area
6. Always look to the post area before you dribble (2 count)
7. Always face the basket in triple threat – never hold the ball over you head
 - a. Ball over head take away dribble & shot opportunities
 - b. It gives the defense a chance to belly up on you
 - c. Ball can go to position for overhead pass from triple threat
8. Never force a pass into the post – be patient
9. Pass away from the defense

How to handle different types of post defense

1. High side – dribble down or dribble off baseline
2. Low side – Loop, feed from on top
3. Fronting – Loop feed from on top, Lob when post has made room by sealing outside the lane

Attacking Pressure

1. Be able to handle the ball with either hand
2. Keep your head up – focus vision under the net
3. Change speed
4. Change direction
5. Attack under control – draw defense to you
6. Follow principles from "PUTTING BALL IN PLAY"

Attacking half-court pressure

1. When you make decisions, rely on principles
 - a. Use pull-back crossover dribble

- b. Triple threat position
 - c. Use flick passes
 - d. Look under the net
 - e. Enter half court with a pass
2. Point guard must recognize trap coming
3. Have three passes available
 - a. Call for a high post
 - b. Get an athlete in the middle
4. Work on good pass fakes – make the defense over commit
5. Keep the ball ahead of the trap
6. When the zone spreads – penetrate – keep the ball moving
7. Play to your strengths and not your weaknesses
8. Pass fake and feed high to diagonal opposite

Attacking Run & Jump

1. Vision of the court – see it coming
2. Use of pull-back crossover – keep dribble – avoid spins
3. Use a high post or receiver coming back to the ball

Moving without the Basketball

V-cut and Catch Facing (Away from the basketball)

1. Read the defense
 - a. Watch your defender, not the ball - - Your defender will tell you where to go
 - b. If the defense plays you high, take him higher and v – cut low **(Back-cut)**
 - c. If the defense plays you low, take him lower and v – cut high
2. Give a hand target and call for the ball
3. Catch the ball in the air and land facing the basket in triple threat
 - a. Hop on foot closest to basket – point your toe towards the basket
 - b. Square you body in the air as you catch
 - c. Land with toes toward the basket in triple threat
 - d. Lean over the basketball when catching on the move

Pass and Cut (Basket Cut)

1. You are the most open once you have just passed the ball, because the defense relaxes
2. 2 types of cuts
 - a. Front cut – when defense does not jump to the ball, quick cut (one motion)
 - b. Back cut – when defense jumps to the ball

Setting & Using screens

Ways to score and get open

1. Move the ball
2. Move people
3. Set and use screens

Types of Screens

1. Downscreen – Back to the ball
2. Backscreen – Back to the basket
3. Flare screen – Back to the corner

Setting Screens – BE LOW, BE WIDE, BE A PAIN IN THE BUTT

1. Get the proper angle – it is all set up by a basket cut
2. Call name and tell them to wait (Wait, Wait, Wait)
3. Screen a defender (Not a spot, not air)
4. Jump stop into the screen
5. Protect yourself
6. Be a 2nd cutter – Open to the basketball or slip to the basket

Using Screens

1. V-cut – take the defense away from where you want to go
2. **Wait** on the screen – Better to be late than early
3. Read the defense and make the proper cut – Watch your defender not the ball
4. Nosehole to nosehole on the screen – Run straight at the screen and make contact
5. Show a hand target – where do you want the pass

4 Types of cuts

1. Straight – When the defender is nailed by screener
2. Curl – When the defender chases you
3. Backcut – When the defender cheats over the top of the screen
4. Flare / Out – When the defender goes ball-side (underneath) of the screen

Primary Break Situations

1. General rules
 - a. Always get the ball to the point guard or a great ball handler in the middle of the floor
 - b. Ballhandler should not penetrate the lane unless he/she can go all the way to the basket
 - c. Must see numbers before making a primary break decision
2. 2/0 Situation
 - a. Best handler makes the play
 - b. Split the floor into thirds
 - c. Make the defense commit
 - d. Give you teammate the ball where he/she can do something with it
3. 3/1 situation
 - a. Pick out the best scorer
 - b. Dribble away
 - c. Make the 3 on 1 a 2 on1
 - d. Other shooter goes behind the ball handler
4. 3/2 situation
 - a. Beat the top player to make it a 2/1

- b. Or Side – top – side
- 5. Secondary Break
 - a. It is the best choice percentage wise
 - b. Look inside – feed the post rules
 - c. Swing the ball
 - d. Move without the ball
- 6. Defending the 2 on 1 break
 - a. Sprint downcourt – get to the basket
 - b. Get rear to the basket
 - c. Never give up a lay-up
 - d. Do not commit – fake both ways
 - e. Keep body open – use hands as pistols
 - f. Two best outcomes
 - i. Take a charge
 - ii. Make them take a jump shot

Defense

- 1. You set the tempo
- 2. Transition & communication – three hard steps find the ball & your man
- 3. Aggressive position pressure – pressure without fouling and allowing penetration
- 4. Know the defense and level of pickup – communicate it to teammates
- 5. Closeouts
 - a. Weight back
 - b. Sprint half-way
 - c. Breakdown half-way
 - d. Ready to contest shot
 - e. Think drive
 - f. Force to corner
- 6. Help inside
 - a. Attack the post
 - b. Coverdown on baseline drives

Extended Pressure Defense

- 1. Know the level of pick-up
- 2. Vision on the ball vs. face guarding
- 3. Gap – don't let him catch in front of you
- 4. Play tighter to stop lob passes
- 5. No lay-up
- 6. No foul
- 7. No 2nd shot
- 8. Trapping
 - a. Smart – when the ball cannot see you
 - b. Random – vs. poor handler or key scorer
 - c. Wild – vs. poorly conditioned opponent or to speed up the tempo

9. Run & Jump
 - a. Best after the ball cannot see you
 - b. Try to force to outside 1/3 of the floor
10. When the ball passes you, sprint to the line of the ball

Rebounding

1. Defensive
 - a. Block someone out
 - b. Weakside board coverage
 - c. Point guard block out or go to weakside glass
2. Offensive
 - a. Know your coverage
 - b. Point guard always gets back

Zone Attack

1. 3 on 0
 - a. Catch facing
 - b. Hands ready / Knees bent
 - c. Shot fake / Pass fake
 - d. Know who's guarding you – take him out of position
 - e. Dribble loop, pass fake, skip pass
 - f. Dribble away & follow
 - g. Dribble at – freeze & slide
 - h. Dribble off baseline & look low or short corner
 - i. Cut through & fill
 - j. Weakside board emphasis
2. 3 on 2
 - a. Work same principles vs. top two of a zone
3. 3 on 4
 - a. Work principles vs. 2-2 zone
4. 3 on 4 + post
 - a. Work principles with post player