

2003 – 2004 Lady Vol Master Practice Plan



Offense:

1. Primary Transition

- a. 2/1, 3/2, 1/1

2. Secondary Transition

- a. Trail
- b. 2 Man
- c. Kansas
 - i. When the Four man is denied?
 1. Go into Triple Post handoff, ballscreen or Philly
- d. Kansas Counter
- e. Utah
- f. Philly
- g. Emphasis on posts inbounding ball quickly

3. Half Court Offense

- a. Vs. Man-to-man
 - i. Fist
 1. Triangle
 - a. Ways to enter
 - i. Bump down
 - ii. Inside/Corner Cut
 - iii. Dribble handoff
 - iv. Pass Corner
 - b. Post Feed
 - i. Buddy cut by post
 1. Duck-in on sweet-spot kick
 - ii. Sweet spot
 - iii. Passer screens
 - iv. Baseline backdoor
 - c. Up
 - i. Backdoor cut
 - ii. Buddy read
 - iii. Guard-screen away
 - iv. Handoff
 - d. High—low post fronted
 - i. Post read—by weakside post (pinch)
 - ii. Triangle side post is fronted
 - iii. Read High-Low
 - iv. Reverse ball, Low post follow
 2. Two Man
 - a. Ways to Enter
 - i. Ball Option
 1. Give and Go Handoff
 2. Defense is playing tight

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3. Post makes the call
 4. Flare
 - a. Defense bodies up cutter
 - ii. Ballscreen
 - b. Blitz—pinch post reads guard denial
 - i. Backcut w/ drop pass
 1. Setting up the cut
 - ii. Backdoor into cross-screen
 1. Dribble hand off
 2. Cross screen/ flare
 - iii. Double stagger
 - c. Ball Screen
 - i. Vs. sagging defender
 - ii. Post sets at 45 degree angle to short corner
 - d. Backscreen
 - i. Give & go
 - ii. Ballscreen
 - ii. Four-Game
 1. Memphis
 2. Memphis Counter
 3. 41
 4. 42
 5. 43
 6. 45
 - iii. Motion
 1. Setting Screens
 - a. Call cutter's name
 - b. Low, Wide, Pain in butt screen—Majerus
 - c. Slipping screen
 2. Using Screens
 - a. Eyes on defense
 - b. Read defense
 - i. Pocket
 - ii. Curl
 - iii. Flare
 - iv. Slip
 - v. Backdoor
 3. Regular
 - a. Corner Option/ Pass & Cut/ Dribble Handoff
 4. Post
 - a. Posting from each spot:
 - i. Baseline
 - ii. Wing
 - iii. Downscreen
 5. Out
 - a. Corner option—screen in

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6. Spread

- b. Vs. Zone
 - i. Flasher
 - ii. Sydney
 - iii. High-Low
 - iv. Power
 - v. Loop & Flare
 - vi. Baseline

4. Defense

- a. “0”
 - i. General Principles
 - 1. Perimeter Rules
 - 2. Post Rules
 - a. Take away high shoulder, roll to face guard
 - b. Play behind and force off block
 - ii. Actions to Defend
 - 1. Guard-Forward Help-Recovery
 - 2. Forward-Center Help-Recovery
 - 3. Defending Down Screens From Side
 - 4. Defending Down Screens From Top
 - 5. Taking away High Shoulder to face guard
 - 6. Defend the Lane on Flash
 - 7. Ballside/ Helpside
 - 8. Blockout outside paint
 - 9. Defending Cross-Screens
 - 10. Defending Stack Screens
 - 11. Defending Ball Screens
 - 12. Jump to the Line/ Give and Go
 - 13. Cover Down on Penetration
 - 14. Double Down on Post Feeds from High help
 - 15. Defending Lob
 - 16. Flex Cut
 - 17. Defending Back Screens
 - 18. Side By Side Double Along Baseline
 - 19. Double Stagger on Wing
 - 20. UCLA Cut
 - 21. Weave—with and without ballscreen
 - 22. Dribble Handoffs
 - 23. Screen The Screener Action
 - 24. America’s Play—small for big cross screen and a double down

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- 25. Ballside downscreens
 - 26. Ballside Backscreens
 - 27. Dead ball
 - 28. One-Four Low late seconds
 - 29. Backdown late seconds
 - 30. Flare screens
 - b. “5”
 - c. “13”—out, down
 - d. Charlotte—up, back
 - e. 12—steal, back
 - f. Denial—on/ up line—open vs turn head
 - g. Helpside
 - h. Coverdown—quickest to ball
 - i. Rebounding
- 5. Player Development**
- a. Posts
 - i. Productivity Evaluation
 - b. Perimeter
 - i. Posting in Utah, take advantage of mismatches
- 6. Special Situations**
- a. Baseline Out of Bounds
 - b. Sideline Out of Bounds
 - c. Short Seconds
 - d. FT Blockout
 - e. Vs. Half-Court Traps
 - f. Press Attack
 - g. Junk Defenses
 - i. Triangle & 2
 - ii. Box & 1
 - h. Late game situations
 - i. Down (time & score)
 - ii. Up (time & score)
 - i. Go to plays
 - i. Plays to get shots for each player
- 7. Coaches Responsibilities**
- a. Practice
 - b. Game
- 8. Practice players/ Scout team**
- 9. Evaluations**
- a. Practice
 - b. Game
- 10. Spacing/ Penetration Drills**
- a. Triangle
 - i. Baseline/ I-Cut/ Fill/ Drift
 - ii. Middle/ Low post short corner/ Pinch goes to basket/ Wing spot up
 - b. Motion

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- i. Wing drive/ penetrate middle
- ii. Pass corner & drive middle

11. Setting/ Using Screen Drills

- a. On Ball Screens
 - i. Fist
 - 1. 2 Man Ballscreen—45 degree butt to corner
 - 2. Blitz cut to ballscreen—when pass isn't made
 - 3. Backscreen to ballscreen
 - ii. Secondary
 - 1. 2 Man
 - 2. Philly
 - iii. Four Game
 - 1. Forty-three wing screen
 - iv. Motion
 - 1. Flare ballscreen

12. Screens Off Ball

- a. Secondary
 - i. Kansas
 - 1. Backscreen/ Cross screen
 - ii. Kansas Counter
 - 1. Downscreen
 - iii. Utah
 - 1. Backscreen/ Stagger/ Curl back
 - iv. Trail/ Up off cross screen
- b. Triangle
 - i. Post Feed
 - 1. Perimeter screen
 - ii. Corner Pass-Screen away
 - iii. Up—screen away
 - iv. High—perimeter screen
- c. Two Guard Front
 - i. Ball option—screen away
 - ii. Blitz—screen away/ cross-screen post/ stagger
 - iii. Backscreen/ Give & Go
- d. Motion
 - i. Read screens—Pocket, Curl, Flare, Slip, Backdoor
 - ii. Motion Out
 - 1. Screen away
 - 2. Pass corner—screen in
- e. Four Game
 - i. Memphis
 - 1. Flare
 - 2. Screen the screener
 - ii. Memphis Counter
 - 1. Screen the screener

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2. Handoff

- iii. Forty-one—stagger screen/ curl back
- iv. Forty-two—Flare/ stagger/ curl back
- v. Forty-three—stagger screen

13. Dribble Handoffs

- a. Fist
 - i. Corner—Motion & Fist
 - ii. Blitz
 - iii. Up
 - iv. 2 Man
 - v. X-Play

14. Trap Situations

- a. Post
- b. Wing
- c. Baseline
- d. Ball Screens