

I. Putting a Staff Together

- You need loyalty, commitment, and work ethic from other people.
- This was something that he overlooked when he first started. Focused mostly on recruiting and building relationships with the players and their families..... But underestimated the value of putting together a solid staff.
- Wants guys to challenge him, doesn't want yes men.
- Doesn't think hiring your friends is a good idea.
- "Carefrontations" - I care about you, you care about me..... But we have a problem and it needs to be addressed. LET's not let things fester without it being in the open.

Made a Point of Emphasis.....

- That the strengths of your players is what needs to be adhered to. You can't be stubborn by saying, "this is what we run".
 - You can't run Princeton with a Great Iso Player (for example)

II. Coaching Philosophy

Offensive Side of the Ball:

- Do things that are going to allow your **best players to have success**. In doing this it will help him be better and in turn he'll make everyone else better.

For Example:

Used the example of Tony Carr being incredible off the ball screen, and he felt that they did not have enough ball screen action in their offense. So they added it in. They tailored the offense to their game.

Defensive Side of the Ball:

- Must Play Hard, Tough & Physical.
 - Must Play Hard
 - Your Feet Need to be Quick
 - You Must be able to Guard without Fouling
 - Must Keep Guys Out of the Paint
- High School Coaches - Teach the Basics and the Fundamentals of the Game. Don't ignore these things; Defensive Stances, Active Hands, Wide Bases, etc.

He Teaches his own version of "The Pack":

- They are pressuring the Ball
- They are Building Walls
- They have their own Version of Sink, Help, Fill
- They are taking away Gaps

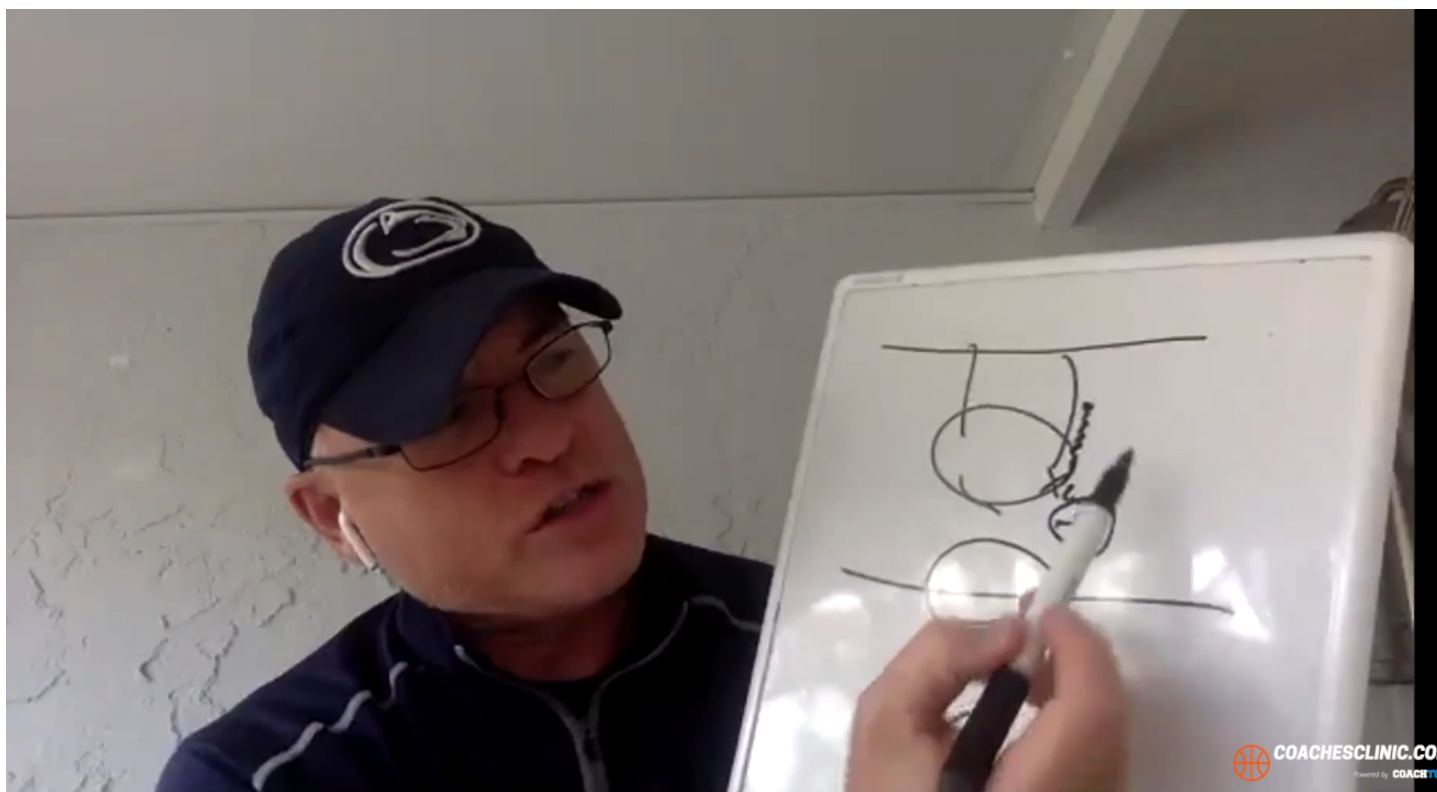
** Added a Note that he has a call where they extend their defense to really take away the 3 Point Line.

- In this Defense they emphasized Switching a lot. "Walling Up" on the defensive end and trying to negate the 3 Point Shot.

Ball Screen Defense - They "Ice" and "Down" on the Wings.... This would help their Center so that he would be able to square up to the ball and cut the court in quarters.

Defensive "Twitch" Drill:

- 1/1 from the Wing
- Offense Working Jab Series
- Defense is "Taking Space" then "Giving Space"
- Offense then Chooses when to Go
- The Goal for the Defense is "Wall Up and Get a Stop"



III. The 122 Press

- The 122 Press mostly started because they were playing small because of injuries. This was a way to create some turnovers and speed up the press.
- They were trying to speed teams up and at the same protect themselves in the half court.

- Perhaps you want to run clock to reduce the amount of time there is to pound the ball into a skilled big man (Mentioned Garza from Iowa as an Example)
- The Press Concept came from his time at Villanova with Jay Wright.

Position Details:

X3 - Top of the Zone

- He is at the top of the 122.
- Described his favorite guy for this.... Long, Rangy, Athletic.
- He is playing Cat & Mouse with the basketball not allowing the ball to get into the middle.

X1 & X2 - Wings

- They are constantly retreating
- Taking Away the Middle and the Sideline Pass
- Make them Throw backwards.... No Middle, No Sideline
- **It's important that the ball be kept on the edges. Force the 1 and 2 to play catch.**
- **If there is going to be a trap it needs to be beyond the hash mark.**

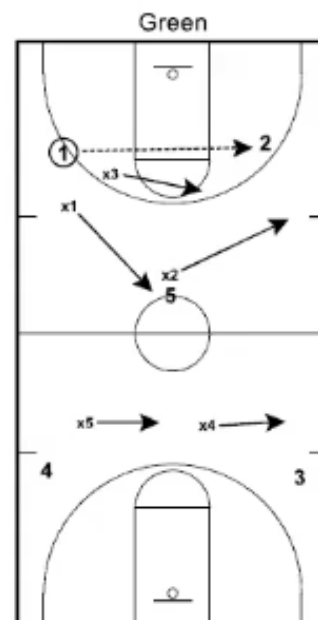
Teaching Point - attack Small, Retreat Big.

Teaching Point - The ball can not get pushed up the sideline and it can not get passed to the middle.

Teaching Point - The Back Line is "On a Roper" No Sideline Pass and Protect the Rim.



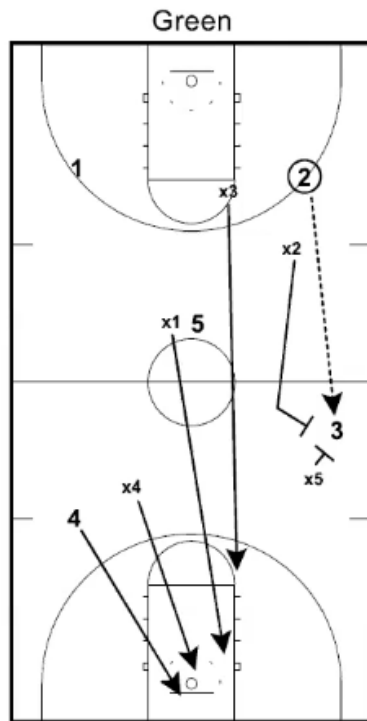
X3 try to keep ball on one side
X1 and X3 applying pressure on the ball
X2 cannot let the ball go middle
X4 and X5 on a string (tandem)



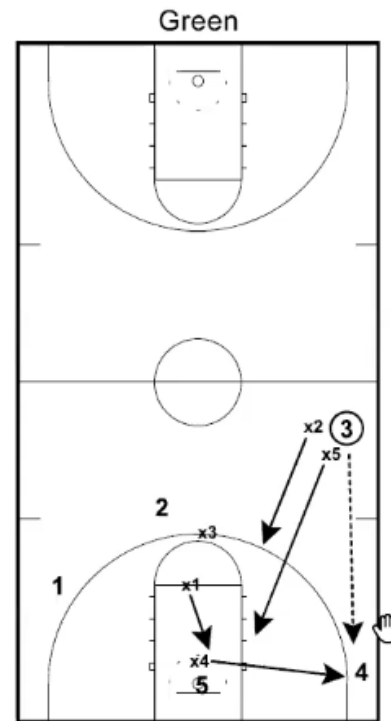
X2 cannot leave middle until X1 gets there
X2 and X3 applying pressure on the ball
X4 and X5 on a string (tandem)

X4 & X5 - Back Line

- These two need to be on a rope
- They can not allow the sideline pass or give up a pass to the rim
- As one moves, the other moves.
- VS Odd Front Attacks.... You can give that line more freedom and anticipate skip passes



X2 and X5 can trap if they think they have a good one
Everyone else sprint to the level of the ball and get ballside



OVERLOAD SITUATION:
X4 must take corner
Everyone else must convert

Teaching Point - Any time the trap is successfully beat, or if a defender is split with the dribble, or a skip pass is made..... Immediately sprint backwards to the “Level of the Ball”.

Teaching Point for X4 & X5 - If the ball gets below the free throw line (to a corner for instance) The X4 or X5 who is closest they need to fly out to the ball.... And the other protects the block.

Interesting Game Planning Approach....

In Game.... they might adjust their back line players based on how the offense is attacking the press. For instance they may move X5 to the side of the opposing big man.

Dropping into 23 from a 122....

Coach recommended keeping X3 & X5 on the same side. That way when the trap is eventually beaten he can easily slide into his position. Keep X2 (who would be in the top of the zone) at the front of the press).

IV. Rebounding

- Recommends working on Rebounding constantly, especially out of this defense.

Terminology:

1. Full Back - The guy who gets "Fully Back"
 2. Half Back - This is the Guy that shot the ball (Follow your shot first)
 3. Tailback - Get back instantly (did not indicate if that was determined)
- Did not get too deeply into how the tailback and fullback were different from each other.