

Dale Wellman- NWU Basketball: Offensive Philosophies

- 75-80% of practice is spent on offense
- Best offensive philosophy is to recruit the best players
- Practice when you play
 - NWU games are at 8pm, so they practice at 8pm
- Coach to your personality
 - Makes you more excited to learn and easier to sell to recruits
- Philosophy
 - Play Fast
 - System offense
 - Structure with freedom
 - Princeton offense
 - Positionless Basketball
 - Make teams adjust to us
 - Everyone learns 1-5 spots
 - PG posts up more than 4 man
 - Two tempo Basketball (ability to play fast and slow)
 - Can't just say you want to play fast. You must drill it
 - Pass with a purpose
 - Shoot in transition
 - Shoot it before you turn it over
 - Recruit great players
 - Keep score of everything in practice
 - Subtract a point for a TO
 - Add a point for an O Board
 - Princeton
 - NWU version is the nuts and bolts of it to be able to play fast and free
 - Players know where guys are going to be (cuts down on TOs)
 - Diversity what we do
 - Able to do things on the right and left side
 - Ball talks
 - Ball tells players what to do
 - automatics/secondary break
 - Doesn't like to run sets in the first half so teams cant talk or adjust to it at half
 - Sends 5 to the ball side block and 3 to opposite block in transition (Loyola-Marymount break from the 1980s)
 - Do a lot of boring stuff
 - 5 on 0
 - Cutting/Setting up screen
 - Build up 3 on 1, 3 on 2, 3 on 3, 5 on 5
 - Offensive Rebounding
 - Sends 4 guys to the offensive glass

- Wants 8 feet in the paint
- Anyone that takes a 3 gets back on D
- If the shot is a two point attempt, the guy closest to the top of key gets back