

## SYSTEM NOTES CLINIC (GRINNELL)

don't watch shots - you know you are going to miss the first one get to the next shot  
move don't watch

everything we do is for the opportunity to press!!! made shot miss shot etc...

Scripting shifts?

platoons 3 groups of 5 or 2 groups of 7/8 depends on depth and skill of players

Work with options for each platoon 2 or 3 plays and alternate sides(invert) on basic play,  
basic plus 2 plays. KISS

On an oreb -pumfake to draw def and then kick out to shooter. again and again  
4 to boards-after oreb is secure rebounders go to find shooter and screen

Drill:

fastbreak lanes – open up middle third

run offensive play, on miss kick out until made continue up and down court 4 times with  
2<sup>nd</sup> shots and 3<sup>rd</sup> put back

every pass has a message on it ( shoot it!!!!)

2man always on right side

run to sideline first then up court

Point guard- catch, look, go on outlet / throw the ball out to yourself with the first dribble

Basic play

Double/ triple screen on break

head hunt first screen- post

read second screen – 3

clean up third screen - trail

shooter fans on pt line after shot

other four to boards screen in

double screen options

curl regular

def goes over top fade

not to corner but higher so he can penetrate either way

slip for head or read

Use hand signals for fade –up- curl-outside hand dive-inside hand

when the ball cuts the arc nearest player fills to that spot for kick back  
1 5 trail

2<sup>nd</sup> option

2 curls second man follows with fade

Dribble at primary shooters man for dribble hand off three  
counter is point hesitate and fake dho

**\*\*\*\*\*Film of options----disc one 35:00**

**GOALS MARINA 60% 3's grinell 50% 3's**

**80 fg att**

**48 3pt att**

**OReb 35 % of misses**

**force 26 TO**

**Shoot 24 more shots than opponents**

Met 4 or more goals 10-2 recrd

breakdown= 33 3s 45 2s 10-15ft =86 pts

think of second shot at 3 = mulligan

instead of screen fan, one dribble kick wide open

Jump stop = get your feet into the floor and then make pass

## 5 SITUATIONS

1. MADE BASKET 55-60% of situations
2. MISSED- DEF REBOUND
3. LIVE TURNOVER
4. OFFENSIVE REBOUND
5. REFEREE HANDLE

teaching 1-2 curl 1-4 slip

12 dive option 15 trail

tell them what kind of defense they are seeing not what to run as change ---3

defensive tactics = switching, trailing, picketfence,

three teams 5-4 purple vs white then five on four purple vs gold (with Chaser) then  
purple vs white again then white vs gold for three times....

Also with make it take it

End all drills with press simulation vs 1211 press break or 14 press break

on TO you bring it not necessarily a pass same as rebound W/exceptions

Get post to want to get shots for shooters

PASS TO CHIN!!!!

OB PLAY shooter at 3pt line left lane line extended screener at rt ft line big at corner  
3pt line staggered screen up for shooter to strong side look at second screen slip and  
also if entered to corner penetrate at inbounders man and pitch back 3 or ib guy off  
weakside double

side ob dazzle continous screening create a mess and get it in

Zone off

Screen two outside men, first screener flashes to high post second screener  
flashes to basket  
exploit inside of zone---hi post

Shooting drills

3 man with penetration and js rev pivot

### **6 line 2 ball**

---pt on right with 2 goes through off screen for fade to corner rebound and kick out for  
second shot made or missed

12-fade

15-slip ---score or kick out for three w/pumpfake

12- curl pt pen and js rev piv

pt push out trail onball w/pop or roll

pt pen with fill to cross spot

!!!! offense basics-clear the side of the floor the ball is on make a move kick out clear  
make a move etc on weakside set screen

14 sec drill---corner, curl, back pedal, fade make 3 go again

25 shots --- 10 catch and shoot , 10 on move, 5 nba freestyle

\*\*\*\*\*DEFENSE\*\*\*\*\*

Ultra aggressive 1-2-2 or 1-2-1-1

Do whatever we can to get the ball back

early ok to give up points to suck into pace

assign positions based on press spots --right front, interceptor...

force non ball handlers/decision makers to do just that

-make bigger players bounce to make them play at your level, don't let them play above your head

must encourage anticipation and gambling

score in 10 sec is better than a stop in 30 seconds

near man concept vs position for press

Denial-force pass over head to back flow\_\_RUN BEHIND THE BALL NOT THE MAN!!!!

Always keep space when denying don't let them in your body

Scout press breaks! alignment and break motion

up= man on ball \\ back man shadow and anticipate behind two deny people

put 2 in back of press not big athlete get steals \ big on ball

outside in back to sideline when ball on right and player on left pass over head

inside out opposite forcing catch in corner (run to teammate- no split) force to sideline

always show denial even when encouraging to catch (camouflage)

First trap\_\_\_\_ QUALITY OF TRAP is key hands out and up

Defender needs to learn to read the trap, where is the out?

As reader show them the pass so you can get the steal (make man appear open)

play gaps not men...you have to get into passing lanes not to guard an individual (draw a fan and show circumference...closer smaller arc)

clip 41:55 unreal hustle

Make a decision don't hesitate don't get caught in between  
must be big to force bounce or lob out of trap  
don't jump to tip, make a quick turn and sprint to next trap, pass should be a lob because  
you are being big

make them throw over your head in deny

must make it first reaction to match up not run back  
same person deep everytime- same take out of bounds every time FOR US

Make them beat you with dribble  
attack defense with hands high force lob or bounce

Can't allow "lag"=backward passes, they eat up clock and defeat what the system is  
about, force them to constantly go forward, also avoid cross court passes if possible

Line up outside of man\ butt to sideline = to narrow his ability to go both ways take away  
options

Always make opposition think they worked to get ball, show denial

When you come to trap run to your teammate so as to not allow split

Shoulder runs- get him going run shoulder to shoulder  
trap from behind -make him make a play under duress

two on one def should make sure to stay in passing lane make the dribbler finish or at  
least decrease passing distance- back flow takes away pass  
worst thing is to foul- don't reach fouls stop clock

missed ft or shot send closest two people to trap, shooter is deep and the other two are  
readers/anticipators

missed press- it is crucial to have a Jammer, person who is blocking in for oreb is in good  
position to start initial trap, if you run by to try to get inside position the def reb person  
has clear path up floor

- As shift goes in the press and the plays are sent with the shift not usually called out

Keep oppositions pt gd under duress and allow them to make mistakes, "give them the  
opportunity to make mistakes" all night long

backflow-chaser can't quit, must continue to chase from behind just in case the ball  
handler decides to turn around or back it out

## 1\2 COURT DEF

trap, lag, skip, corner, high post = gap terminology

can't allow pass to high post

Always in lag lanes-deny

- on long passes don't chase with two people ---send closest person, square up and trap on dribble
- on pass to corner seal in on high side forcing to baseline—help from weakside or let them lay it in
- there is always going to be one of their guys open if they make the great pass then they are going to score
- some teams will shoot 65-70% and still lose to you if you reach your goals

on ob plays give them an area and force the pass to that spot, takes away plays

texas tech press?

If you are going to run this system you must sell out and do all of it you can't pick and choose and be successful.

la times article marina/Redlands

### group notes:

*We have basically 3 shifts. I have tried to explain it a few times here and it gets confusing so I will just write it.*

*1- Laura (point) Megan (shooter) Natalie(utility), Sheena(size-trailer), Latoya (div 1 athlete-scorer)*

*2- Kendra (point/scorer), Megan (shooter), Kala/Emily (defense), Ciera/Leigh (rebounder), Latoya*

*3- Laura (point/shooter), Kendra (scorer), Dazarae (defense), Ciera (effort-reb), Leigh (rebounder)*

*We do the normal shifts of 1:00 and shorten to :40 if we are a little tired. This allows our best 4 scorers*

*to be on the floor 67% of the time, our other best rebounders on the floor 50% of the time and our others 33% to 16.5%.*

First to 10, most attempts in 45 seconds, shoot for 1 minute who makes the most in a row are all good. Transition shooting as a team with a goal to reach in a time limit.

Have two guys under blocking out two offensive players. One man with ball comes from the midcourt to the top of the key and takes a pullup 3-pter. Offensive rebounders work on "pinning" in the Grinnell style. If they can tip or rebound the ball and kick it back out to the shooter, they do so and the shooter continues to shoot until the defensive team blocks and rebounds the ball. If the defense rebounds the ball, they outlet it to the shooter and the three of them proceed to the other end of the court. Meanwhile the rest of the team is stationed on both sidelines at mid court w/balls. The defensive rebounders now sprint the wings and receive passes from those on the sideline. All three players shoot at the other end (designate one person to take a layup). They rebound their own and that cycle is dead, they get in the back of the midcourt lines. The drill is continuous, so once they head down the other end, a new group of 5 players (2 def rebounders, 2 pinners, and 1 shooter proceed )

The key emphasis are pinning and hitting the open shooter at the top on offensive rebounds.

1)When team's soft double after an inbound (on misses you should be able to hit open players and get the ball down the floor before this can happen) we will swing that trail wide and ahead towards the middle and throw over the top to her. She can now attack and we are 4 on 3. (If their trap is so big you can't do this we just swing it to the trail one step behind the ball, and she attacks on the catch) Except for very well coached teams, the two defenders will almost always turn and sprint ahead, meaning your point can often get the ball back if she sprints to an open spot. I prefer the trail attacking like a point to increase pace.

2)In the LMU break you can also inbound from your trail to your other

post (the famed 5-4-1 pass, though we call our trail a #4 and first cutter #5, so for us it's 4-5-1). When denied we back cut the pressure and go over the top, when it is soft pressure we front cut the #1 defender/get the ball and attack across the post defender. This usually gives 3 on 2 and ends up leaving the posts open on trails and cuts in the confusion.

3) Lastly you can post up your #5 in the middle of the floor just like you would vs. zone pressure (2-2-1 or three quarter 1-2-1-1) and attack from there with give and go with #1 and #4 working with the #5 or #5 attacking and passing ahead.

We almost always go with options #1 and #2. #3 works with a mismatch at the #5. I'd rather have her under the basket already in most cases.

Having a point who can push and attack regardless is really the key. Coach A has mentioned earlier this season that not having points who have developed this skill was something hindering his team in the early going.

Lastly, I think the biggest strength of the system is that it allows you to coach in a positive manner, with a focus on PROCESS over RESULTS.

Every sports psychologist I have ever read, the idea of focus on process instead of results is the cornerstone of their teaching. The system is a clearly defined process the players can see, with clearly defined EFFORT goals (process goals actually) that players and coach can stay focused on. So when things go bad (like poor shooting in your case), I think it is important to stay focused on the process (like you seem to be doing) and not having the kids start thinking about results ("man we have to shoot better, why are we shooting so bad, if we don't shoot better we will never win").

If they keep thinking "we're good shooters, and we're doing everything we can to shoot well, so the ball will start falling---and when it does, look out" things will turn around.