

## **Sherri Coale – Oklahoma My Favorite Practice Drills**

### Opening Thoughts

- Importance of attending clinics in this digital age – chance to make contacts and build relationships with other coaches
- Investing = guaranteed improvement
- No one knows more what your teams needs more than you

### Thoughts on Drill Work

- Drills should grow organically and focus on things we are not good at.
  - Ask questions that help you identify the why?
  - Drills should be competitive ( timed, personal best, keep score
  - Goals for drills – get real good at things that happen often, efficient as possible, allow for massive reps
- A) 1 v 1 (different spots)
- a. Offense focus on trigger point ( are you open to shoot or drive) put pressure on the defense
  - b. Defensive focus – (threshold) how closely can you guard
- B) 2 v 2 – guided defense / offense starts with advantage play
- a. Make it fit your personnel and system
  - b. Spacing ( does the ball need help or to breathe)
- C) 3 v 3
- a. Rules – screens dribble limit, add a shot clock
- D) 4 v 4
- a. Discover- let the players read and play with out initial instruction allowing them to think and discover for themselves
    - i. Ask your players what they noticed from the defense? Encourage honestly even if that means them answering I don't know

### Drills

E. Signal Shooting – Shooter, Passer, Rebounder – the passer gives the shooter different signals on the catch such as catch and shoot, pass back, up fake one bounce pull up

Shooter must catch and react quickly

F. 3 Cone Shooting - Shooter shoots at top of the key and both wings, after this depending on how many they miss determines what cone they have to sprint around on the other

End of the court. Once they have completed this sequence twice they shoot 2 FT's and repeat the process again.

H. Twister – Each of the 4 out spots has a letter. The coach calls one of the letters which signals for that player to make a cut. The other three players must make a read and cut off of this,

To fill the other open spots on the floor.



Sherris Coale

- My Favorite Drills -

- Importance of attending clinics - chance to make contacts and relationships with other coaches
- Investing - means guaranteed improvement
- No one knows more what your team needs than you.
- Drills - should grow organically and focus on things we are not good at
- ~~ask~~ <sup>ask</sup> questions that identify why?
- Drills must be like game like
- Drills should be competitive
- o timely personal bests, keep score
- Goals

- don't react good at things that happen often
- Efficient as possible
- Allow for massive reps

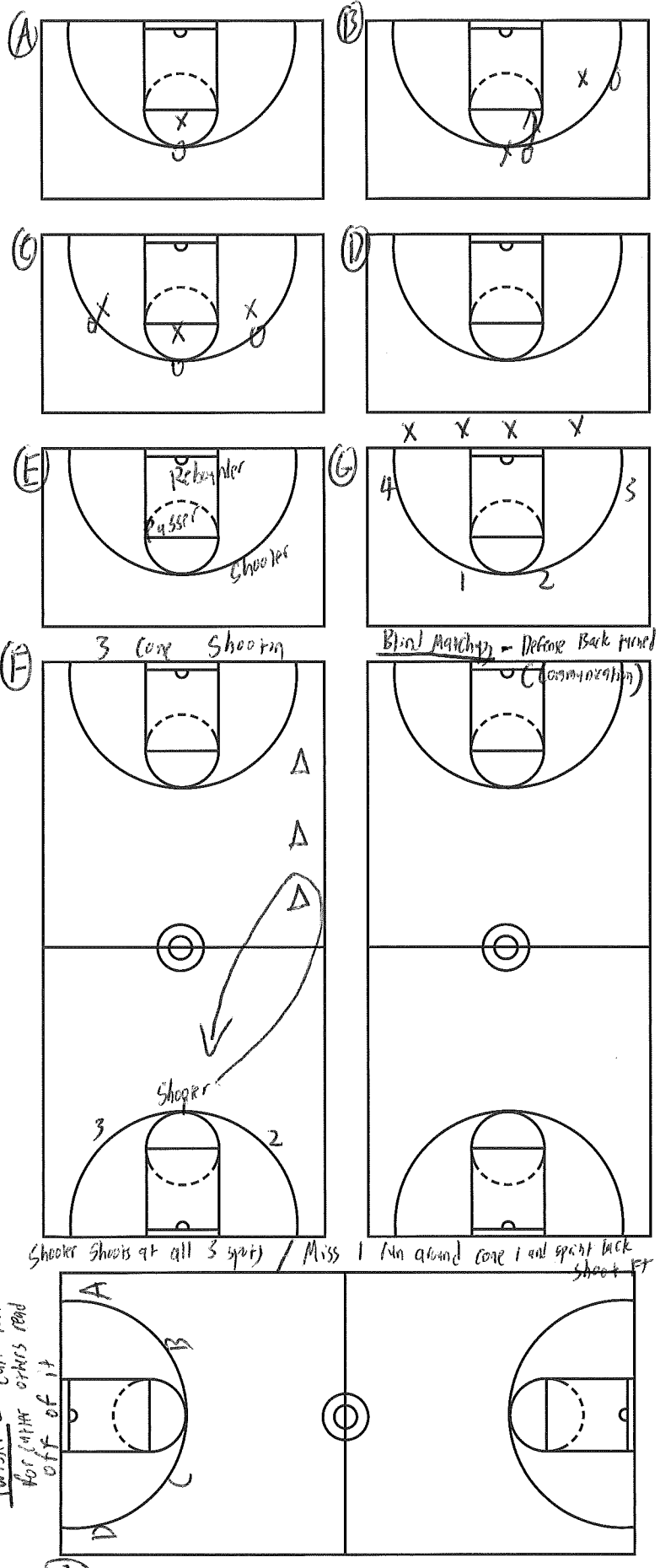
Ladder Build Up

- (A) 1 v 1 (different spots)  
Offense - Try to get core you open to shoot or drive  
put pressure on defense  
Defense - "threshold" how closely can you guard
- (B) 2 v 2 - guided defense offense starts  
with an advantage play  
(Make it fit your system and personnel)  
Does the ball need help or to breathe? (spacing)

- (C) 3 v 3  
rules - screens, dribble limiting, add shot clock
- (D) 4 v 4

Discovery - let players read and play without initial instruction

- Ask your guys what they noticed about defense sequence? if they don't know theirs on how answer
- (E) Signal Shooting BTD Shooting  
Passer gives different signals for  
- Up fake - Pass back - Catch and shoot (works on reaction)



Shooter shoots at all 3 spots / Miss 1 run around core 1 and sprint back shoot for

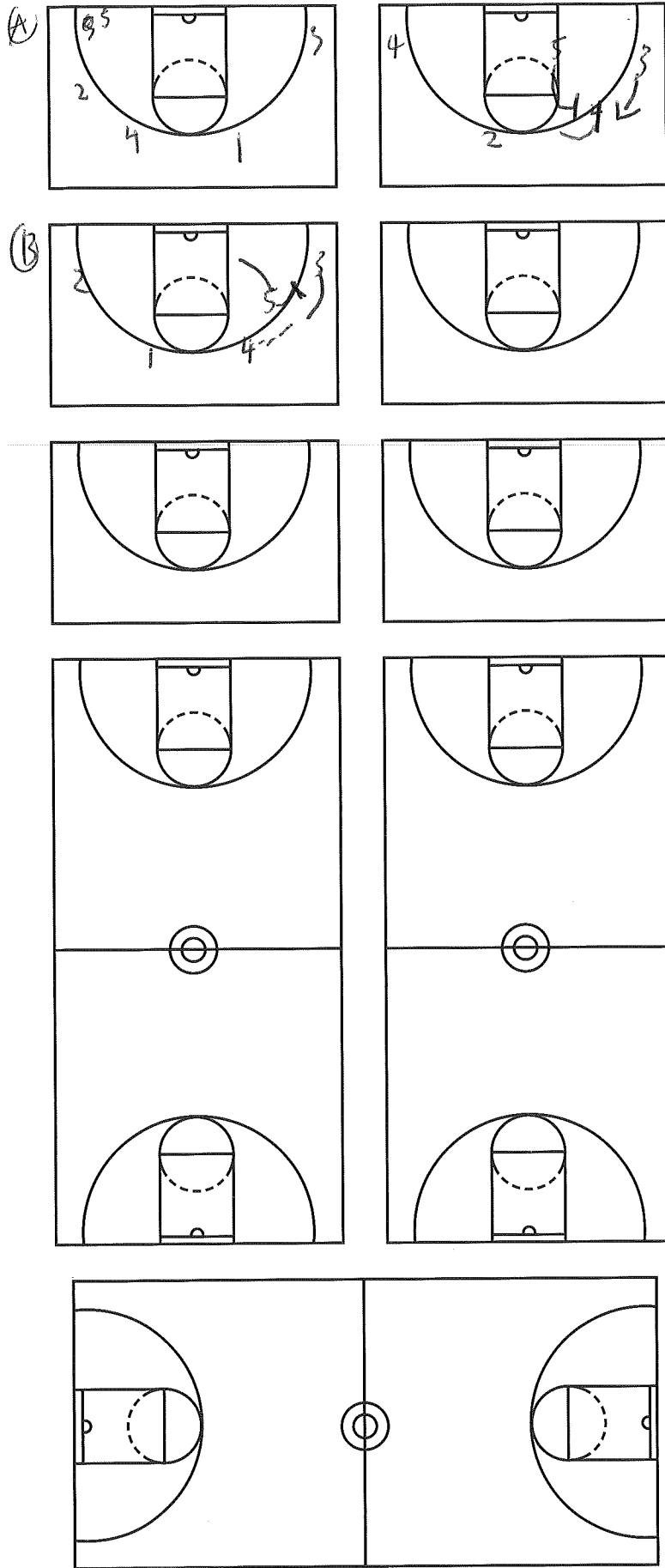
Twister - Call letter for letter others read off of it

## **Mike Boynton – Oklahoma State**

### **Attacking Man to Man Defenses**

#### Opening Thoughts

- Originally from Brooklyn NY
  - Went to the gym at 6 AM almost every weekend
  - Attended and played at South Carolina
  - Path to head coaching included – graduate manager, college assistant, associate head coach, named head coach at OK State (Coaching Profession not always a straight trajectory)
  - You must be adaptable
    - Know your team Know your personnel
    - Give your team the best chance to succeed.
- A. Transition O
- a. Attempt to score in 7 seconds or less
  - b. Create freedom to make plays
  - c. Pitch ahead if possible
  - d. Drag ball screen if nothing is open initially
    - i. Quick 1 – Drag ball screen / corner lift
    - ii. Quick 2 Slice Cut / Corner lift
  - e. Allowing guards to handle the ball in transition helps emphasize and incentivize defensive rebounding
- B. Stack ball screen – Ball screen quick reversal to slot / high low look



Mike Boynton - Oklahoma State

Attacking Man to Man Defenses

- Originally from Brooklyn NY
- Went to the gym at 6 AM with dad on the weekend
- \* Attended and played at South Carolina
- Graduate manager, College Assistant, Associate Head coach, Head coach

Coaching Progression is not always a straight upward projection (There are bumps in the road)

- You must be adaptable

- Know your team Know your personnel
- Give your team the best chance to succeed.

(A) Transition O

- Score 7 seconds or less
- Create freedom to make plays
- Pitch ahead if possible
- Drag ball screen if nothing open initially

Quick 1 - Drag ball screen / corner lift

Quick 2 - Slice cut / corner lift

Allowing all guards to handle the ball in transition, emphasizes ~~team~~ defensive rebound

(B) Stack Ball Screen - Ball screen quick reversal to slot / high low look

## **Bob Huggins – West Virginia**

### **Pressure Defense**

#### Opening Thoughts

- Two year span most wins in school history / most losses in school history
- Why don't teams like to play against his teams? Don't like people in their face all the time
- Defensively everything is with a line
  - On the line / up the line ( line down the middle of the court)
- Force passes over / under us never through us
- SPRINT to help
- They chart deflections and where passes are entered from
- Watch game film and what direct passes lead to
- Force them to make plays not run plays
- Push everything as far away from the basket as possible

#### A). Shell Drill

- 4 v 4 working on defensive shifts

#### B) 1 v 1 guarding back cuts

- Emphasizing being aggressive in the passing lane without getting beat backdoor

#### C) Full Court Man – Denying initially / on the catch forcing it up the sideline to their weak hand.

- Take away strengths make them play to their weaknesses

#### D). Bull in the Ring Passing – works on pressure passing offensively and ball pressure and deflections defensively



Bob Huggins

Pressure Defense

Two year span most wins in school history / most losses in school history

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Defensively everything with a line

- On the line / up the line (line down middle of floor)
- Force passes over us / under us never through us
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(A) Shell Drill

- Chart deflections and where passes are entered from

- Direct passes kill you
- Watch a game film and what direct passes lead to
- Force them to make plays not run play
- Push everything as far away from basket as possible

(B) 1 on 1 guarding back cuts

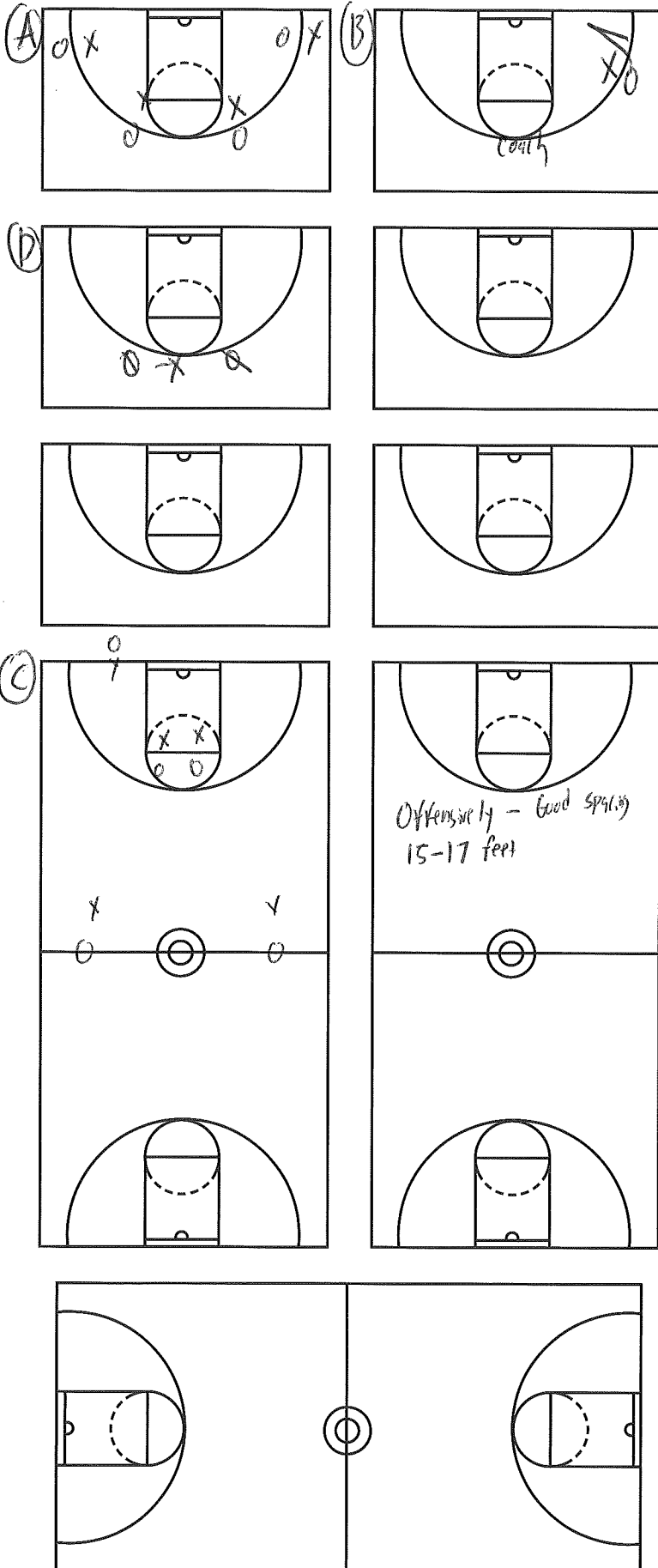
\* Deny PG in half court to prevent them from running sets / wears them down physically and mentally

(C) FGA - Denying / on the catch forcing it up ~~side~~ sideline to weak hand

Take away strengths make them play to their weaknesses

All other sports players have to be in the space the ~~baller~~ same is true for basketball

(D) Bull in the Ring Passing - Works on passing and ball cleflection



## **Jame Dixon - TCU**

### **Our Defensive Philosophy**

#### Opening Thoughts

- Successful run at Pitt before returning to his Alma Mater TCU
- Constantly building philosophy and adapting to personnel
  - Example this year his team really focuses on running teams off the 3 pt line)
- Probably the two best defensive teams in college basketball this year were the ones who ended up  
Playing for the national championship
- In college defense has become defined by how you defend the ball screen
- His best defensive teams have had these 3 characteristics
  - Old , Strong , Deep

#### Ball screen coverages

- Side Ball Screens – Ice
  - Bigs foot to foot with the screener and proper angle to allow teammate to recover back
  - They typically switch 1-4
- Hard Hedge – Big hedges hard forcing the ball handler up the board / Guards gets skinny and recovers back , big has one slide with ball handler and then

Recovers back to his

#### Doubling the Post

- High hands, face in there, can't get split ( the double with the back side guard

#### Other Defensive Thoughts

- Live ball turnovers will kill your defense
- Missed layups on one end turn into layups or dunks on the other
- The closer to the sideline the more you can force them to the sideline



Doug Bruno - Depaul

Inbounds, Press Break, and Last Second Plays

How to teach

Instruction, Demonstration, ~~Continuous~~ ~~Control~~  
 Imitation, Repetition, Instructive Criticism

Our job as coaches is help our ~~players~~ get better

Every coach should have a "Wall of Culture"

Whats important?

Practice Principles

I Individual Instruction - a must

II Half court / full court defense

III Half court / full court offense

IV Rebounding - fundamental must to be success

V - BLOB / SLOB

VI - Time / Score

\* Players say they want to play uptempo until

they have to practice uptempo

o "Sprint every possession"

o "Shoot it or Share it"

- Press Break

1. Secondary Break - get it in before they can set it up

2. Ball Reversal and stop

3. Guard Fly - Post back screens receive

the pass and starts the break

4. 4 Low - All 4 break, decide which  
 ones come back

BLOB - Practice two ways

Sketion running through to get jump / 5-7 min live BLOB

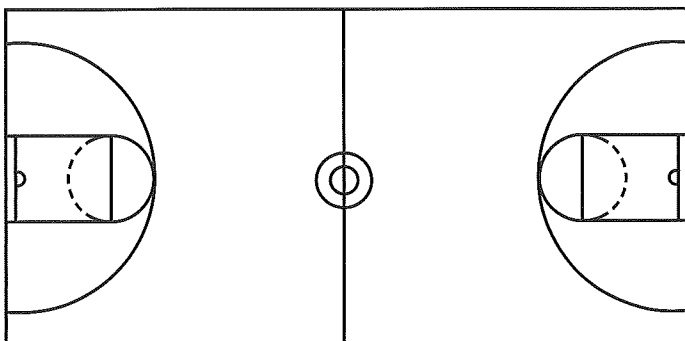
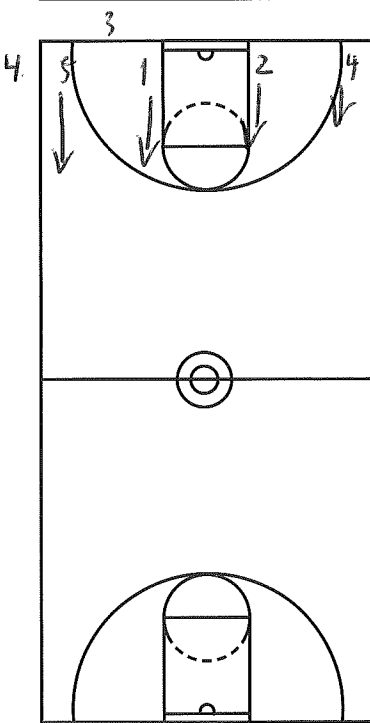
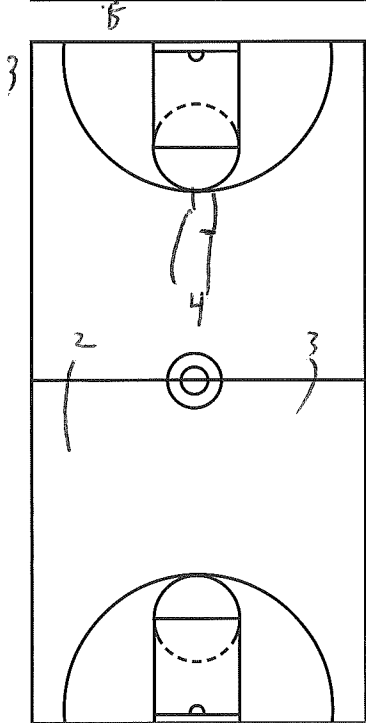
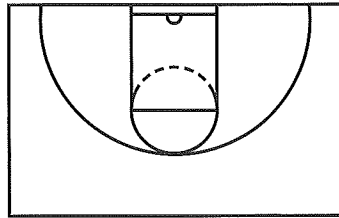
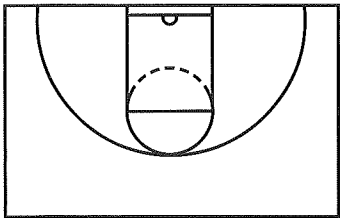
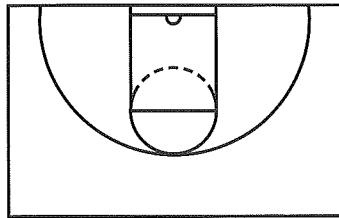
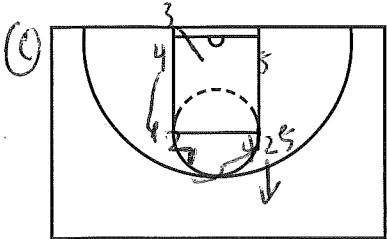
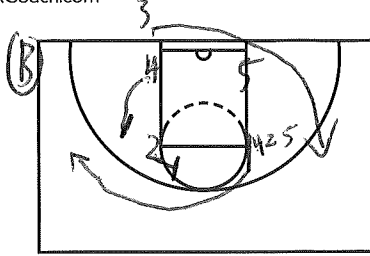
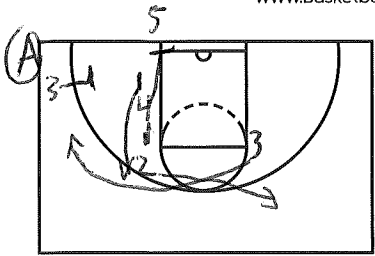
(A) PATS - Switch or elbow - pin down for big / Screen screen + control

(B) 45 - Stragger for pg / triple screen for inbounder

(C) 45 Pinch - Similar look but inbounder takes

and comes back to post / elevator screen w/ middle guard

Plays don't work / No good plays good plays





## **Mike Jones – Radford**

### **Pressing Defenses**

#### Opening Thoughts

- Favorite part of pressing takes the other team out of their rhythm
- Trapping corners and sidelines
  - Picking your times to trap
  - See your personnel and how it fits
- Must match up with a sense of urgency once the ball reaches half court
- Forcing the opposition into mistakes & quick shots

#### Press Types

- Aggressive Presses – Diamond & Full Court Man (Run and Jump)
  - $\frac{3}{4}$  Court Presses used against more athletic teams to slow them down
    - Not looking to trap in most instances
    -
- A) Full Court Man
- B) Diamond – long athletic post on ball, longer wings ball side, opposite wing on the other side

Point guard plays the interceptor and less athletic big plays the safety

- Instant trap on the inbound
- Big “Mad man” – can’t get beat middle
- Wing – can’t get beat sideline

#### C). Z Drill – Run Slide Run

- Dribble to the elbows working on form and containment
- Dribble to half court and baseline race to the spot

C) Alleyball – 3 turns before half court



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J Arena 7@Radford.edu - powerpoint drills and presses

Mike Jones - Radford

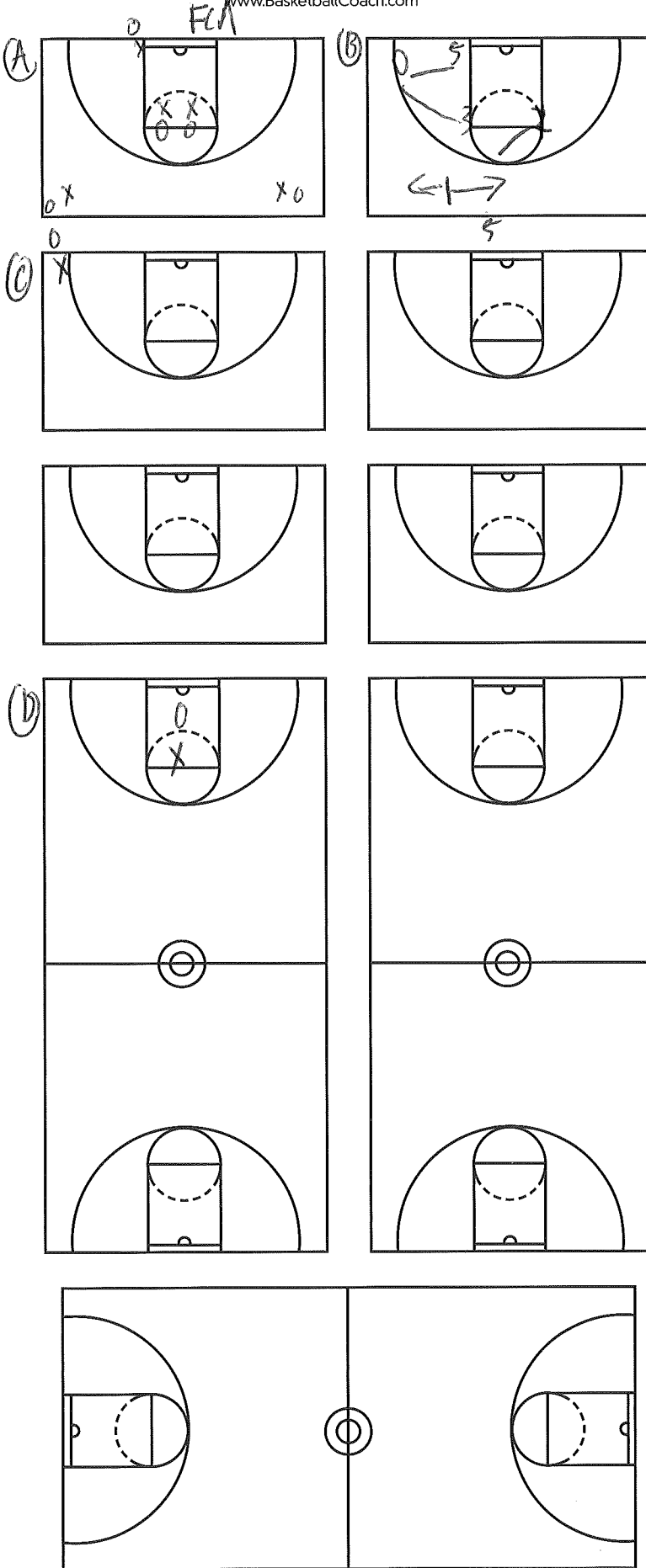
Pressing Defenses

- Favorite part of pressing taking the other team out of rhythm
- Trapping corners and sidelines
  - Picking your times to ~~press~~ trap
  - See your personnel and how it fits
- Must match up with a sense of urgency once the ball reaches half court
- Forcing opposition into mistakes & quick shot

Press Types

Aggressive Presses - Diamond & FCA

3/4 court presses for more athletic teams not looking to trap in most instances



(A) FCA

(B) Diamond - long attack post on ball, longer wing ball side, opposite wing on other side, point guard playing intercepting big playing safety

Instant Trap

- Big "Man man" - can't get back middle
- Wing can't get back sideline

(C) 2 Drill - Run Skip Run

Dribble to elbow is controlled

To half and baseline compare to reach first

(D) Alleyball - 3 turns before half court

## **Matt McMahon – Murray State**

### **Zone Offense**

#### Opening Thoughts

- 2 key words for our program – simplicity and clarity
- What are our responsibilities as a coach preparing against zone defense
  - Know the details and tendencies of the zone
    - Who plays where
    - Where do they bump? How do they handle ball screens
  - Attempt to create
    - 3-2 situations
    - 2 on 1 situations
    - 1 v. 1 in the post situations
  - Give them confidence and let them play

#### Zone Concepts

1. Consistent with man offense attack ( sprint ball screen for them)
2. Make zone shift all the time
3. Catch, rip, and see ( attack mode)
4. Get in the scoring area
5. Shot Preparation (Always read)
6. Put Pressure on the paint
7. Automatic actions when the ball reaches certain areas on the court

A) Ball screen continuity – Ball passed to one wing and reversed to the other. Ball side post screens and the other two guards slide over. 1 catches in attack mode ( they call it “knife”) 5 ducks in the center

If nothing is open 3 cuts baseline and 5 sets ball screen for 1

B). Overload – 1 passes to 3 then back to 2. 2 uses 4s ball screen, 2 reverses it to 1 who has cut to overload. 4 buries the center, and 5 is at the top of key while 3 spots up in the corner

C.) Counter Lob – 3 fakes cut through and sets back screen for 5

D.) Murray State Corner – 1 dribble pushes 2 through. The ball is reverses to 3 who gets a ball screen from 4. 3 drives looking shot first, 5 on the duck in or hitting 2 for corner 3

E) Triple Stack – 1 dribbles 3 over and reverses it back to him. 4 ball screens, while 5 ducks in and 2 spots up in the corner

#### 4 guard continuity attack

F) Slash – when wing makes pass back to 1 he cuts through to the high post ail, 4 lifts up for possible 3. On high post catch swing to corner. If high post is not open they sprint to corner for reversal. 5 is constantly ducking in the center

#### 1-3-1

G) 3 reverses to 1 who receives a screen on center from 5. 2 cuts to the corner while back side forward seals back side swing for lob entry

H) Box-1 Look – Best player sets screen for 3 popping out and then sets a screen on opposite block for 5 to get a layup. (Use best player as a screener)

#### BLOB

I) BLOB – All 4 start at the FT line / entered into 4 who swings it all the way across to opposite corner where inbounder should have a wide open 3

J) BLOB – Post X, 3 cuts in for lob, 2 cuts through to back side corner for open 3

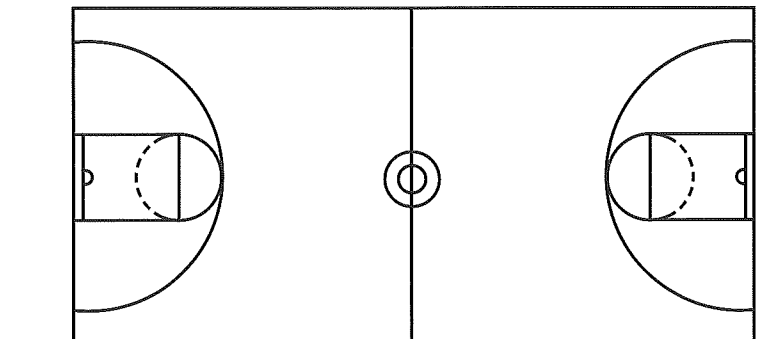
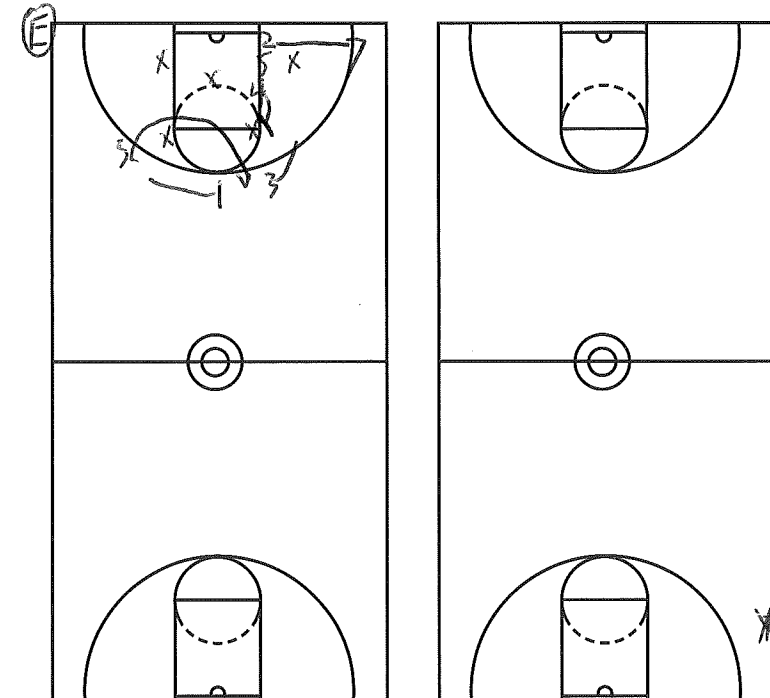
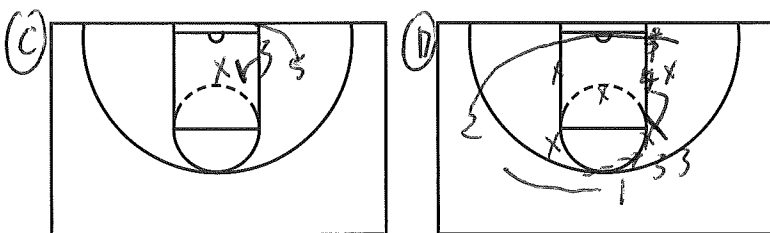
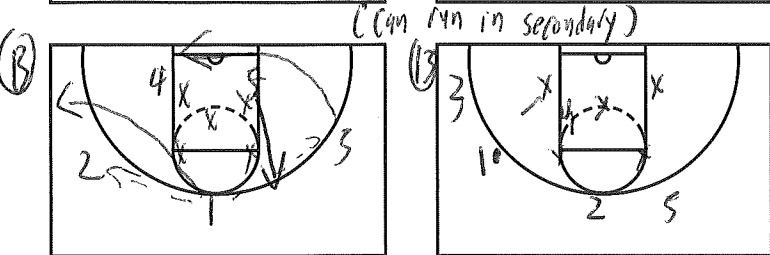
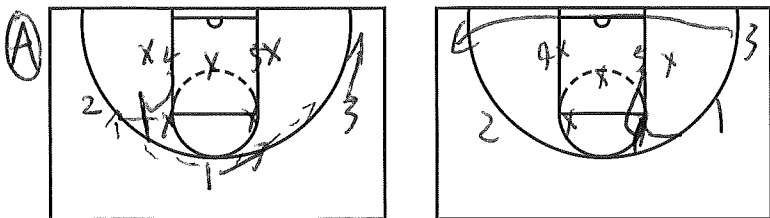
#### Murray State Basketball

- Simple clear foundation to help young people grow
- 5 core values
  - Hard Work, Toughness, Unselfishness, Accountability, Joy



Matt Mc Mahon - Murray State

Zone offense



2 key words for program

1. Simplicity
2. Clarity

Zone Concepts

1. Consistent with man offense attack (sprint ball screen)
2. Make the zone shift all the time
3. Catch, Rip, and See (Attack mode)
4. Get in the scoring area
5. Shot Preparation (Always ready)
6. Put pressure on the paint
7. Automatic actions when the ball reaches certain areas

What are our responsibilities as a coach preparing our players against zone

- Know the details and tendencies of zone (Bumps, Short court, Ball screen)
- Create 1. 3-2 situations 2. Create 2 on 1 situations 3. 4 v 1 post opportunities / Give confidence and let them go

A) Ball screen continuity

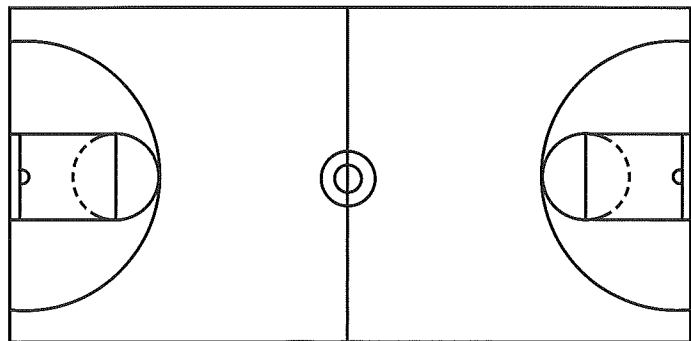
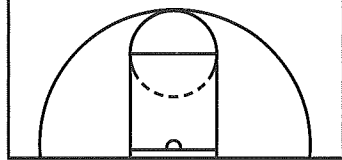
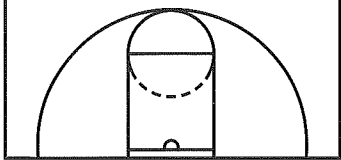
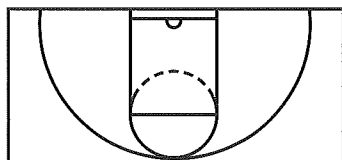
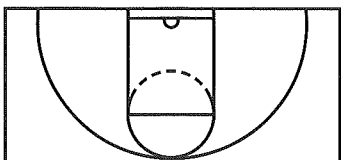
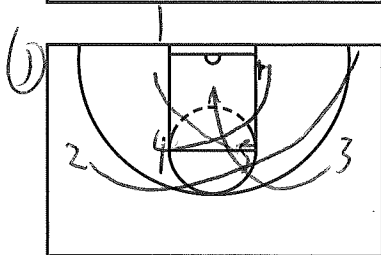
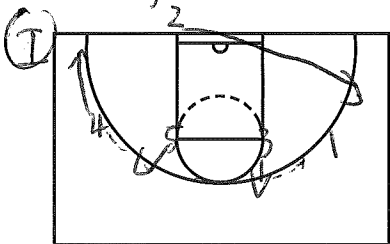
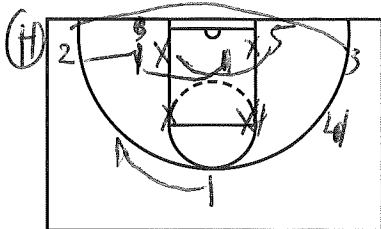
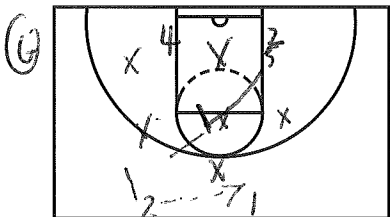
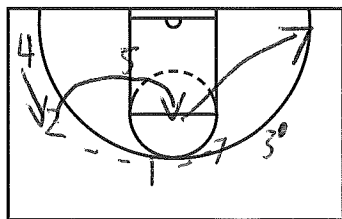
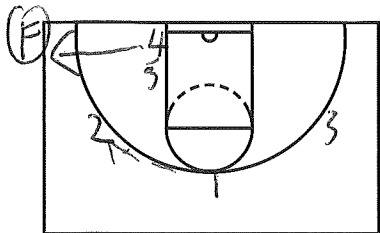
- o Ball passed to one wing and covered to other
- o Ball side post ball screens / other two guards slide over
- o 1 catches it in attack mode (knife) / 5 ducks in center
- o If not open 3 cuts baseline / 5 sets ball screen for 1

B) Overload - 1 passes to 3 then back to 2, 2 uses 4's ball screen, 2 reverses it to 1 who has cut to overload, 4 bushes center, 5 is at top of key, 3 is spotted up in corner

C) Counter Lob - 3 takes cut through back screens for 5

D) Murray St Corner - 1 dribble pushes 2 through / reverses it to 3 who gets ball screen from 4 / 3 brings realign shot, 5 on duck in, or 2 for corner 3

E) Triple Stack - 1 dribble 3 over reverses to him 4 ball screens / 5 ducks in / 2 spots up in corner



4 guard attack

\* (F) Slash - when wing makes pass back to 1 he cuts through and to high post and 4 tries up for possible 3

- On high post catch swing sprint to corner
- If high post is not open they sprint to corner on reversal / 5 is constantly dictating in center

i-3-1

\* (G) 3 reverses to 1 who receives a screen on center from 5 / 2 cuts to corner while back side forward sets back side wing

Against 1-3-1 Draymond passes & drive gaps

(H) Box-1 look

Box player sets screen for 3 popping out to corner / Then opposite block for 5 layup  
 (Use box player as screen)

(I) BLOB - All 4 start at FT line / swing across perimeter for wide open corner shot

(J) BLOB - Post X of 3 cuts in for lob, 2 cuts through for back side 3

Murray State Basketball

Simple Clear Foundation to help young people grow on and off court

5 core values

1. Hard Work
2. Toughness - "ability to focus on next thing"
3. Unselfishness
4. Accountability
5. Joy

## **Grey Giovanine –Augustana College Rebounding and Toughness**

### Opening Thoughts

- DIII School located in Rochester, Illinois
- Great run the last 5 years being one of the most successful teams in college basketball

3 pillars of the program

1. Defend 2 Rebound 3. Run

Transition Defense >Half Court Defense > Defensive Rebounding>Transition Offense >Half Court Offense > Offensive Rebounding

### Thoughts on Rebounding

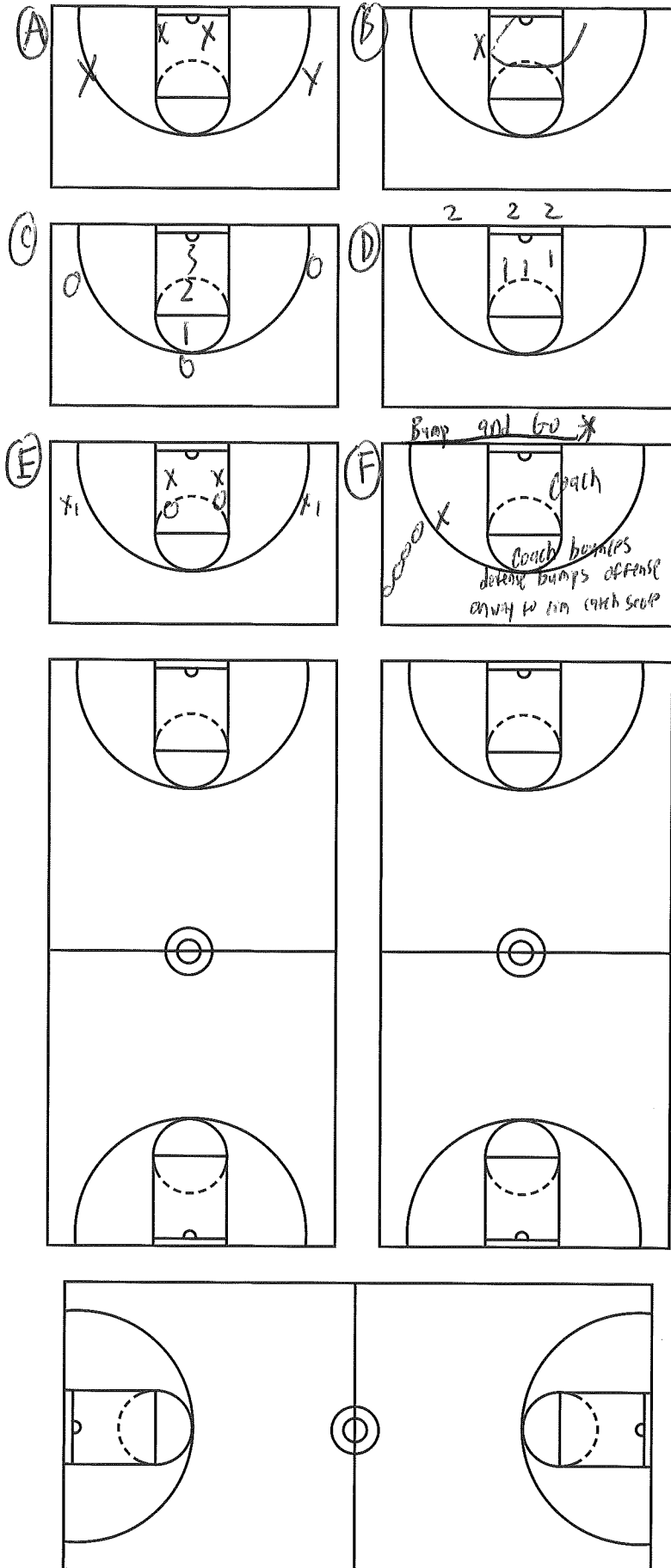
- Rebounding makes up 1/3 of the facets of the game
- “When the shot goes up the war begins” (Call shot to let your teammate know)
- What you’re doing when the ball is shot determines the outcome of the possession – Pat Riley
- Find the man find the ball
- Challenge shots ( they chart challenges every game)
- Rebounds are 50/ 50 balls ( no one is entitled to them)

### Defensive Rebounding

- 3 different spots – On ball, Strong Side, Weak Side
- Hit , Spin, Secure Rebound

### Offensive Rebounding

- Half back at the FT Line / Full back safety / other 3 crash
  - Strong side – Swim or Spin / Seal Side – Seal under the rim
- A. Bang the Boards – players throw it off the glass rebound, two backboard bangs and outlet it out to the guard
  - B. Superman Rebounding – throw it off the glass and rebound it on the other side of the lane
  - C. Numbers Rebounding – Coach calls number and passes it to the offense. That number picks up the ball while the other two defenders communicate and block out the other two offensive players
  - D. War on the Boards – 3 start in the paint and play first to 3 offensive rebounding and scoring. Once one man has scored 3 he rotates off and another player rotates on
  - E. Outlet Rebounding – Offense leans and pushes on defense until coach says shot and defense goes up and secures the rebound. Once the rebound is secured the offense leans on the post a little more, until the outlet pass is made to the wing.
  - F. Bump and Go – Coach bounces the ball and players must attack the glass while being bumped by defense on the way to the rim. Catch it before it hits the floor and score



Grey Governor Augusta College  
Rebounding & Toughness

DIII School located in Rochester, Illinois  
 Great run last 5 years

3 pillars of program

1. Rebound 2. Rebound 3. Run

Transition Defense → Half court defense → Defense Rebounding

→ Transition offense → Half court offense → Offense Rebounding

(Each Require a Plan) 1/3 game rebounding

- "When the shot goes up the war begins" Call shot
- What you're doing when the ball is in the air determines the outcome of the possession - Pat Riley
- Find the man then find the ball
- Challenge shots (they cheat them every game)  
 Rebounds are 50/50 balls no one is entitled to it

Defensive Rebounding 3 different

spots 1 on ball 2 strong side 3 weak side

- HIT - Spin - Secure Rebound!

Offensive Rebounding

1- Hairback FT line 2- Fullback safety

Post strong side - Swivel or Spin / Weak Side - Seal under rim

(A) Bang the Boards - Players throw it off the glass rebound, two backboard bangers, outlet it to guards

(B) Superman Rebounding - throw it off glass rebound it on other side of lane

(C) Numbers Rebounding - Coach calls number and pass it to offense that number closes out and boxes out / other 2 defendes communicate and box out remaining two

(D) War on boards - 3 start in paint, first one to 3 wins (Defense chest doesn't fail)

Guys from baseline rotate in

(E) Outlet Rebounding - Offense leans on defense with ball (int.) Coach says shot. Defense yells ball off glass to themselves. Offense leans on them until "outlet" call defense outlets it



## **Mike Dunlap – Loyola Marymount**

### **1-1-3 Defense**

#### Why some choose not to run zone

- Lack of Accountability
- Rebounding is difficult
- Got to have communication

#### Why Run Zone

- Run out of time outs to disrupt
- Stop ball screening
- Protect a good players from fouling out

#### Keys to the 1-1-3

- Talk,
- Pressure the Ball
- Help

They run the 1-1-3 against 7 in practice to work on tough rotations

Emphasize high hands on closeouts, Hand on chest once you break down

If the ball reaches the post blame the wing defender for lack of ball pressure.

## Sharman White – Pace Academy

### Match up Zone

#### Opening Thoughts

- If you're going to coach them hard you've got to love them hard
- Used to come to these clinics and aspire to speak at them one day
- As coaches we have all borrowed ideas from other coaches
- Relationships – Be authentic trust/truth is what attaches coaches and players

#### Defensive Thoughts

- Defense=Team
- Identify of your defense – what you emphasize every day
- Elite Defense – Difference between winning games and winning championships

### Matchup Zone

1. Personal Philosophy 2. Personnel 3. Talent of Team
    - Great way to disrupt offense
    - One guy playing man and the other 4 playing zone
    - Best man defense looks like zone / best zone defense looks like man
    - Adjust coverages based on scouting
    - Give your players a chance to work on their zone offense more
    - All 5 players working together to get a stop
    - Scramble zone after 2 passes back to man.
- A) Positions of Matchup
- Middle – point guy responsible for dead center and matching level of the ball. When the ball reaches the corner he dives and takes away the post. Dribble back to the middle means the point matches back up (elbow to elbow is his domain)
  - Wings – main matchup guys, matchup with the ball on the wing. If it is dribbled to corner they match until the ball is picked up the bump off
  - Forwards – responsible for baseline help and covering corners
- B) Rebounding – goal is to have a triangle on the back side every time

They use disadvantage drills to work on rotations

- C. 4 v 5
- D. 6 v 3
- E. Block Rotations
- F. 7 v 5



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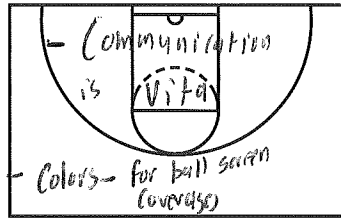
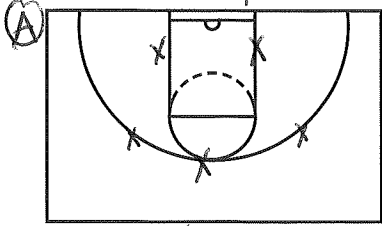
@CoachSWhite

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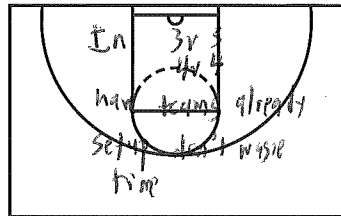
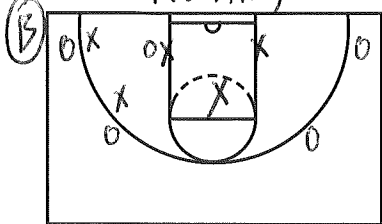
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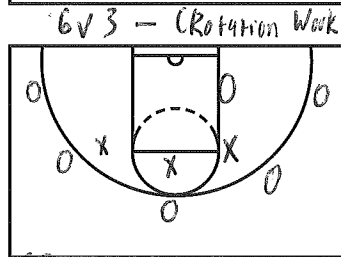
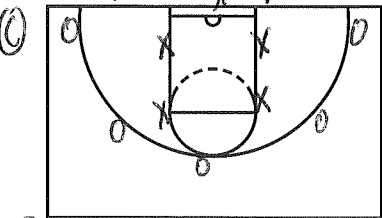
Matchup Zone



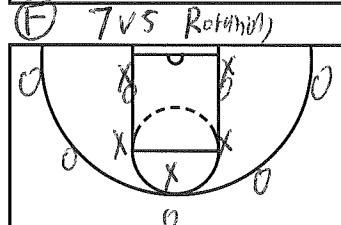
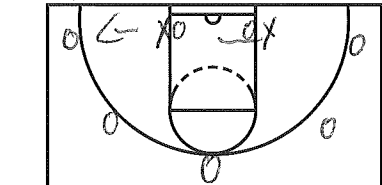
Rebounding



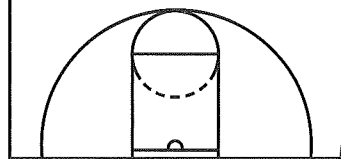
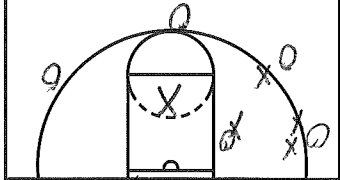
Disadvantage 4v5



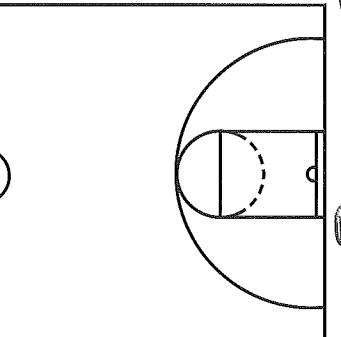
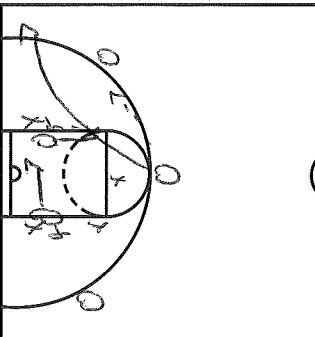
Block Rotation



152 RB (152 RB)  
C Run on a lot of



1132 RB (1132 RB) - Trap Lock



\* Overload of passing (Kawhi) (Kawhi) (Kawhi)

1132 RB (1132 RB) - Trap Lock

Sharman White

Pace Academy

Matchup Zone

- If you're going to coach them hard you got to love them
- 6 state championships in a row
- Used to come to these clinics and aspire to speak at them one day
- As coaches we are all thieves borrowing ideas from other great coaches
- Relationships - Be authentic Truth/trust is why athletes come to you

Defensive Thoughts

Defense = Team

Identity of your defense - What you emphasize Every day

Elite Defense - Winning championships / games

Matchup Zone

1. Personnel Philosophy 2. Personnel 3. Talent of team

- Great way to disrupt great offenses
- One guy playing man other 4 playing zone
- Best man defense looks like zone / vice versa
- Adjust coverages based on scouting
- Gives your players a chance to work on zone offense
- How much zone do you want to play? How much do you want to play?
- All 5 players working together to get a stop
- Scramble zone after 2 passes back to man

(A) Positions of Matchup

- Middle - point guy responsible for lead center / level of ball ball goes to corner he drops and brings post (long athletic player)
- Wings - main matchup guys, matchup with ball until they pick it up if they dribble to corner back side wing / back side drops to help or X position
- Forwards - Responsible for baseline help and covering (colored)
- Dribble back to middle point makes back up point covers elbow to elbow
- O Sky from corner to top wing (over) until middle brings
- Rebounding - goal is to have a triangle on back side every time
- Use disadvantage drills to simulate game like rotations (D) How many stops in 1 minute

## **Joe Kuhn – Joliet Junior College**

### **The Mover/ Blocker Offense**

#### Opening Thoughts

- Constantly attempting to learn at these type of sessions
- Over the years has ran various offenses including motion, continuity, sets, and now has settled in on mover blocker for the last 4 or 5 years

#### Why Mover/ Blocker

- Provides structure which players need
- Helps clearly clarify player roles for them
- Can run it with 1,2, or 3 blockers
- Can run similar concepts in zone offense
- Sets flow easily back into the offense
- 1 rule on offense for them Good Shot/ Better Shot – Sacrifice the good for better

#### A) Mover Blocker

- a. Role of blockers is to screen, screen, and screen some more
  - i. Lane-Lane Post go from block to elbow never wider
  - ii. Lane-Wide – Wide plays from midline to sideline while Lane stays block to elbow
  - iii. Wide-Wide – Both players have their side of the court from midline to sideline

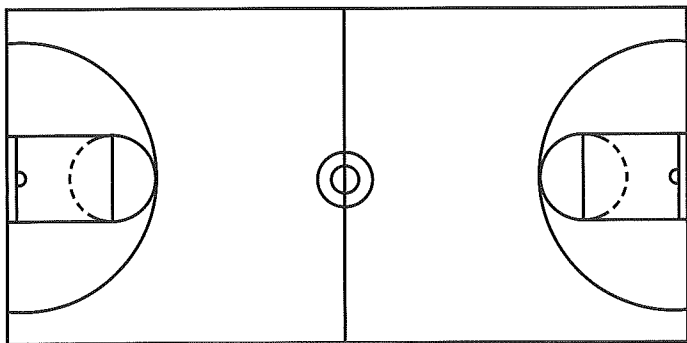
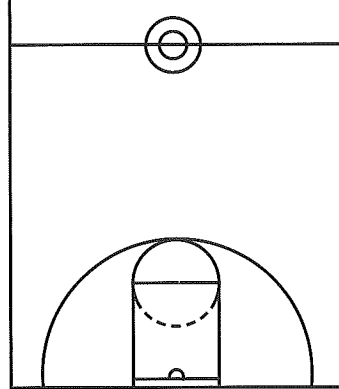
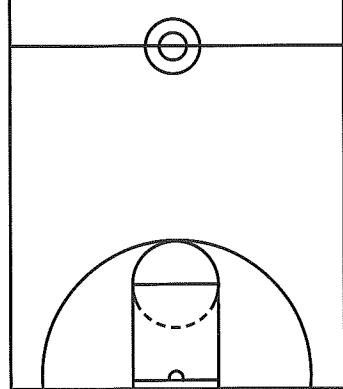
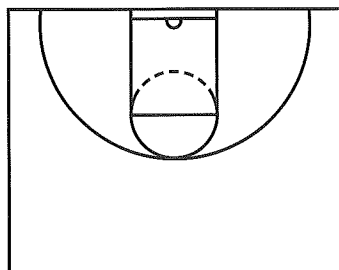
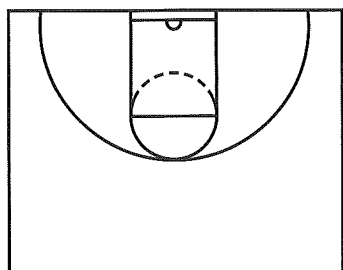
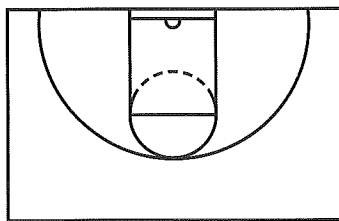
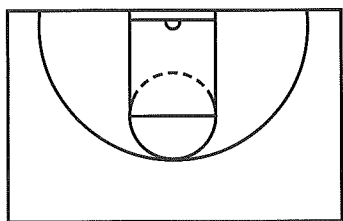
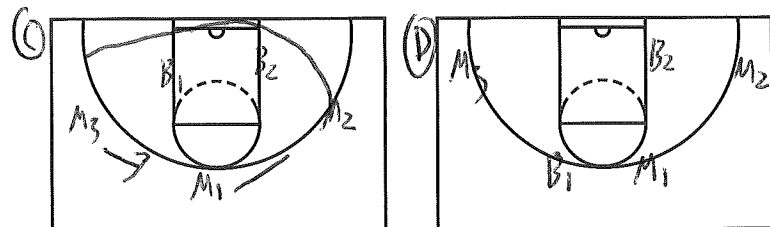
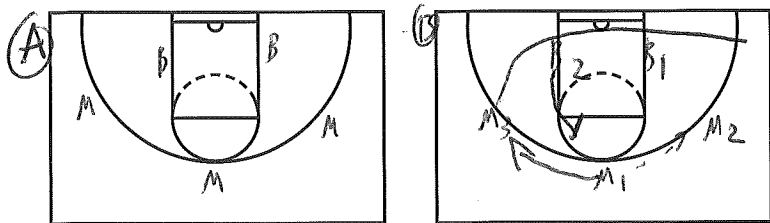
B) Circle Action – wing entry, blocker screen across the bottom for M3 cutting baseline. Flare screen for M1 from B2 (process repeats itself)

C) Dribble Push – M1 dribble push M2 through to the opposite corner / Quick reversals around the perimeter and ball screen if shot is not open in corner.

D) 4 out 1 in – a lot of screen and fade from the Stretch 4 Blocker to take advantage of his shooting abilities.



Joe Kuhn - Joliet Junior College  
The Mover/Blocker Offense



- Constantly attempting to learn a lot at these sessions
- Over the years he has run nothing continuity, sets moved to mover blocker 4 or 5 years ago
- Mover/Blocker provides structure which players need
- Helps clearly define roles for players
- Provides flexibility for pace/tempo
  - o Can run it with 1, 2, or 3 blockers
  - o Run concepts against zone
  - o Sets flow easily into moves/blocker

1 rule on offense - Good Set / Better Shot

A) Mover Blocker

- Role of blockers to screen, screen, and screen some more
- 1<sup>o</sup> Lane - Lane - Post go from block to elbow
- 2<sup>o</sup> Lane - wide - Wide plays from midline to ~~corner~~ sideline
- 3<sup>o</sup> Wide - wide - Both have from midline to sideline

B) Circle Action - wing entry, blocker screen across bottom with M3 cutting baseline / Floor screen for M1 from B2

- off the catch B2 can drive to rim or set side ball screen

C) Dribble Push - M1 dribble push M2 through to opposite corner / quick reversals around perimeter

D) 4 out 1 in alignment - 1 block blocker (B2) B1 sets a lot of screen and fake to take advantage of shooting abilities