

## Notes for the System

Make sure to take time to work on shooting. At least 100 shots before you get into practice. You can use the three point license to determine your long range bombers.

The first thing to do when implementing the System, is to work on your fast break after made baskets and focus on SPRINTING THE FLOOR and staying WIDE. One thing you'll really have to get after your players for is making sure they SPRINT the floor. (Note: Have an idea of where your players will play in both the offense and defense. Its best to mirror offensive and defensive positions)

I'll make it really simple and tell you to follow Grinnell's System as closely as possible. Clearing out one side with your RW coming of staggered screens, by your left wing and OB player and your point guard looking to score first. Basically: Spend about 2 weeks just "grooving" the break and getting them to understand your definition of pace.

Once you get the fundamentals of the break down. Then you need to begin working on defensive schemes. I'd keep it very simple: I'd look at the 1-2-1-1 press with the following options:

**On:** This means defender on the ball looking to trap the first pass in (preferably to the left corner)

**Off:** When you've got an excellent ball handler you may want to deny, bring your ON defender off and double team the best ball handler

**Stay:** You'd use this when the other team is trying a quick return pass to the in bounder or when the in bounder is seam-cutting immediately after the inbounds

If you've got 3 capable groups you can put each group in different looks. But remember, the press isn't entirely about creating turnovers. Of course this is part of it, but more importantly its about creating a frantic pace.

Practice drills really come down to using your imagination where your players have to execute quickly, work on fundamentals (especially shooting) and have FUN doing it. I really make it a point to not have the same drill ran twice in a week. We do a lot of 2 on 1 work (both from an offensive and defensive standpoint). For example: PG's working against two defenders or two defenders working on "herding" techniques in the full court against a ball handler.

Its helpful to work with timed sessions in shooting drills the fast break and whatever else you do. Nothing more than 35 seconds at a time. You want them to give maximum effort but in shorter amounts of time. As for sets: Don't have any. Honestly, we try setting the double screen at least, clearing out one side and then reading and reacting after that. Defensively we do a few more things.

It's fluid and you can do so much in basketball to keep if familiar to your team, but show wrinkles to other teams that can be super-confusing.

The primary focus is to get your PG to think SCORE. If the PG can't score through either dribble drive or pull up three's then they settle for a look to one of the other four players, hopefully in order of their scoring ability. Obviously, your best shooter is your primary shooter (RW) and you'll want to get them as many quality shots as possible, and the main way to do that is through multiple screens.

Now there are multiple options for the RW. Stay, reverse cut (no screening needed for either of these) or looking for the curl or fade utilizing the LW and OB screen game. You also have your trailer that can look

for a spot up three with a pass from the PG. You'll find that your 2 primary screeners will have many "slip" opportunities, especially when teams start switching on the screen game.

Remember the primary focus is PACE. Number of shots. How do you do this? Offensive boarding, turning the opponent over and pushing the ball as fast as you can and shooting the ball within 10-15 seconds.

What we like to do is work a lot of one on one competition, where players have to learn to create shots when playing against a defender. Chart the competitions to see where your players are shaking out. The 2-1 drill is where you have a PG (Offensive Player) working against a defender and then a help side defender in the paint area. An effective SYSTEM PG needs to be one who can score, and engage multiple defenders.

Sounds like a lot, but it's pretty simple. Your team will take on its own system identity. You may be an offensive juggernaut or one that relies more on turnovers in the open court. Doesn't matter as long as you can get the number of your SYSTEM formula.

The majority of my summer workout plans involves core strength and tons of three point shooting. Technique is the most important thing. It's my belief that you have the summer workouts immediately and in one of the workouts you show them the technique you want them to work on and acquire. Hop Shooting. We can go over hop shooting in detail at the clinic, should you decide to go down the path. I'm putting a clinic on for one local team, a Indiana team and possibly you folks.

The SYSTEM is a complete playing style. It's not an offense and it's not a defense, it's a means of playing, and getting results. Regardless of whether you choose Olivet Nazarene (more DDM), Redlands (more Grinnell with emphasis on defensive pressure) or Grinnell's, it really comes down to personnel. At college you can recruit to the system that you have decided to employ.

I originally started with ONU's approach to the system, but completely migrated to Grinnell's. It's my belief that the DDM is fantastic if you've got players that can create consistently in one on one situations. Players that have that skill usually are upper level players. ONU in my opinion didn't make the defense work as hard as I wanted them to. There's not a lot of screen action, but instead, speeding of the floor. With Grinnell I could set double and triple screens and clear one side of the floor out for my PG to attack. Teams had an extremely difficult time handling the multiple screens and then our point guards in a one-on-one situation.

From the get go, teams could not deal with us m2m, so they did what every coach in the SYSTEM seems to fear: GO ZONE. The beauty for me is that I kept the same offensive philosophy for attacking zones as I did with M2M. ONU and Grinnell both have to separate approaches. We killed zones with our screen game. We screen zone defenders and get whatever shot we want from the three point range, plus we board more effectively facing a zone.

Go ahead and put me down for a reference, and fortunately, we should be a good one with setting 7 national records (5 offensively and 2 defensively).

My most important bit of advice: Stay aggressive.

Fight the urge to go conservative when the other teams getting lay ups or when you're getting criticized. Stay the course and don't flip. We started the season 1-7 and finished 18-5. We introduced going to the SYSTEM in late August and I didn't recruit a single player to play this style of basketball.

## Defense

We try to keep things as simple as possible. We primarily go with a 1-2-1-1 set, and show different looks within it. For example: On (guarding the inbouncer) Off (double-teaming the best ball handler) Stay (use this when the ball is inbounded and then the inbouncer directly cut the middle looking for a quick return pass). In the Stay case, the on ball defender stay with the cutter for about a second delaying the trap. Since this type of press break is predicated on timing, this tactic works well.

With the 1-2-1-1 you have three different press options right there. If they go four across, you'll most likely go onball defender and match up m2m against the other four.

More is less with the system.