

POSITIVE ASPECTS OF "THE SYSTEM"

1. More players get a chance to develop and play. Especially at the freshmen and junior varsity levels. More kids get to dribble and shoot the ball than in most other traditional styles of play.
2. The team scores a lot of points so more players can score more points.
3. The system draws attention to the kids and that helps kids get recruited.
4. Kids get higher scoring averages and that helps kids get recruited more.
5. The coaching staff doesn't have to scout much at all because the opposing team isn't going to run the offensive sets that they normally run due to the trapping nature of the system's defense. This reduces travel time and money spent by the coaching staff as well as time reviewing opposing teams videotapes.
* You should be aware of opposing teams presses.
6. The system doesn't require taller and superior athletes.
7. The officials tend to get tired of calling fouls so the most aggressive team tends to gain an advantage. Especially when they use two man crews!
8. Kids tend to shoot with so much confidence because they are not under pressure from the coach to shoot a "good shot" only. They all have the "green light" to shoot after 12 seconds when we have ran a play for our primary and secondary shooters. Also, everyone has the "green light" when an offensive rebound occurs. We are trying to get fast break lay-ups and three-point shots predominately.
9. Kids tend to play with so much confidence because they are not under pressure from the coach that they may be pulled from the game because of some mistake they made. The substitutions are pre-scripted until the later stages of the game.
10. Time needed to spend in practice is greatly diminished.
11. Most kids love it because it's fun!
12. You can play players that normally wouldn't get a chance to play and they still may contribute.
13. It creates more of a stress free environment for the coaches and the players.

14. The fans like a high scoring, fast paced and hustling defensive style of play. This style tends to draw big crowds and media attention.

15. A coach can get the younger players in his program involved earlier than in traditional systems. This is attributed to the fact that effort and enthusiasm are often more important than physical maturity.

16. Taller players get a chance to dribble the ball up the floor to an extent. This is attributed to the fact that it's very important to push the ball up the floor quickly.

17. Coaches can be more positive and not have to focus so much on the mistakes that kids make while playing "traditional basketball".

18. The system tends to wear the opposing team down because the players playing the system are going 100 miles per hour all the time they are on the floor. While the systemic players play and rest the opposing players usually continue to play at this unusual and uncomfortable pace.

19. Foul trouble is rarely a problem because the playing time is being spread out so widely amongst the players playing the system.

20. This system tends to create a team that is "more together" because of the fact that everyone participates and has a chance to affect change in the games.

21. It's a well thought out as well as a well-tested system that has won championships and turned many programs around.

22. The system tends to force a lot of turnovers because of the aggressive trapping all over the court defensively.

23. While playing the system you tend to produce less turnovers yourself because we are shooting the ball before we can make ball handling mistakes resulting in turnovers.

24. Creates a much more positive atmosphere in practice.

25. Sometimes average shooters become great shooters because of the great number of opportunities without the pressure of missing the shot.

26. Just about everyone involved racks up more stats than they do during traditional styled basketball.

27. We can concentrate on developing shooting, passing and dribbling fundamentals rather than mastering a lot of plays etc.

NEGATIVE ASPECTS OF THE SYSTEM

1. Bigger and slower kids tend to not be as effective in this system.
2. Some parents will not want their kids being taken out of the game so often. They may cry that their child "can't get in the flow of the game".
3. People haven't seen it and don't understand the system so they may tend to be very critical of it. Citing things like giving up too many lay-ups and too many threes etc.
4. The coach is subbing too quickly and the kids don't have a chance to get in a rhythm.
5. An unknowing observer may declare that there is not a disciplined way to play. To the contrary, this is a very disciplined style of play. It's just played at 100 miles an hour!
6. If you have a "star type" of player or a player who thinks they should be a "star" then they may have a tendency to not embrace this system.
7. If things are not going well for you against a particular opponent then you may potentially get beat bad.