

ESKO BOY'S BASKETBALL 2012-'13



coaches
TOP SECRET

COACHES' Handbook



ESKO BASKETBALL PHILOSOPHY 2012-'13



It is our main belief that an interscholastic athletic program is one of the finest devices we have to prepare our student/athletes for new situations they will encounter upon graduation from high school, no matter what area they choose to enter. Obviously, then, we feel that the boys that participate in our program must learn much more than just basketball skills. The opportunities to learn and develop self-discipline, teamwork, self-sacrifice and the ability to work together are greater in competitive athletics than in any other area of our educational system. Much is required, especially on the varsity level, of the boys who choose to participate in our basketball program. Much must be sacrificed to put in the time we require of our players. Besides a substantial amount of time spent in scheduled practices and games, the boys must remain in some contact with basketball during their own time. This includes time during the off-season as well as putting in time during the season to aid Esko's younger players in our program through clinics, officiating and coaching.

Although the degree to which the players in our program are asked to commit themselves varies from a small commitment in our elementary program to a very dedicated commitment to our varsity program, all participants will feel a sense of belonging. Our players learn more than just basketball skills. We pursue perfection, and as a consequence of that pursuit we may attain excellence!

Our experience in coaching has shown us that the more the players are asked to return to the program in which they are involved, the more they appreciate the successes achieved and the more they are prepared, in a mature manner, to contend with the disappointments that are experienced in participation in any competitive athletic program. Players are asked to take ownership of their responsibility to the Esko basketball program.

While programs at our elementary and junior high levels stress participation on an equal basis with all other objectives, our program at the senior high level becomes more selective. Though senior high programs at the freshman and junior varsity and varsity level do consider participation of all their players extremely important, it is not stressed as much as at the lower levels. At the varsity level player's roles vary. Not all members of the varsity see extended game action, but all who wish are able to make a valuable contribution to the success of Esko Basketball. A very conscientious attempt is made to make the value of such contributions known to members of the varsity squad, who may not be making their most valuable contributions on game night but rather during the week in practice and in other facets of the program.

While fun and enjoyment remain high on our list of objectives, we realize that our basketball program is in a position to teach valuable lessons that will be applicable in all endeavors our players choose to enter upon leaving the Esko boy's basketball program. Our top priority as coaches is to help our players develop to their fullest potential as students, players and people.



Coaching Esko Youth Basketball

Coaching Kids and Working with Parents at Esko

I have received many inquiries from coaches and parents about coaching youth basketball at Esko, and advice for coaching youngsters, let's say 1st through 6th grades... elementary school children. If you are on our staff at Esko, you are probably a parent/ coach, a teacher/coach, a former player, or just someone who likes basketball and wants to help coach and work with a bunch of kids. You are helping to develop the basketball program at Esko. Your time is much appreciated by my staff and I.

Some of the kids may have played some, and some have never played before. Some may have played in their driveway with friends and thought they would give it a try. Some are there because they are already very committed to the game, and some are there because of their friends. Some are there because they came to a Esko varsity game and have a dream of playing at the varsity level. Some were urged by their parents to give it a try, yet some are even forced by their parents to play. Every kid has their reasons for want to play basketball at Esko. Be aware of what each players reasons are for playing basketball at Esko.

Their parents will likely have a wide variety of perspectives on what should happen on the team. A few will think you should win every game, and will be yelling advice from the sidelines. Some will be thankful and happy that their child is on your team and accept whatever role their son plays. Some will be afraid that you may yell at their child, or that their child may not be a good player and will embarrass him/herself. Some may sit on the sidelines and criticize every decision you make. So what advice do I give you?

First, make it as fun for the kids as you can. Include fun, competitive drills in every practice. Yes, have winners and losers. Do not yell negative things at them as this embarrasses them in front of their friends, and is actually counter-productive creating more stress and more mistakes. It makes you look like a bully, and you may completely turn the player away from ever wanting to play again. You can yell, but it should always be positive comments. Make corrections, absolutely, but keep it upbeat and fun for kids in our youth program. If a player messes up, don't embarrass him/her in front of his/her friends. I have found at the high school level that the only two things that you need to really get on kid about is if they, 1) don't play hard or 2) they don't listen. Those are most likely the same two things that all good parents, good teachers and good coaches get on their kids about. If one or two kids are having a problem with a skill or fundamental address the whole team.

Teach good sportsmanship by your example... no yelling at the refs, no demeaning the other team, other players, etc. Teach them to play hard, but do not allow "dirty" play or trash talking. With the trash talking we continually see on television it is more important than ever that we teach kids how to behave on the basketball court. Teach them to respect their opponents and the officials. Wins and losses are not important at this age. Teach them that you don't have to win a trophy to be a winner. Demonstrate the behavior that goes into winning but stay upbeat after a loss. There are times that I know the loss was more my fault than anything the kids did. Teach them to get better, not bitter!

Also, let the kids know that it is OK to make mistakes, that you expect them to make mistakes. Basketball is not a perfect game. All players make mistakes, even Michael Jordan. Coaches make mistakes, and we all know that the refs make mistakes! You just have to keep playing hard and learn from those errors.

If you are the coach, teach them about teamwork and their responsibilities to the team... coming to practice, encouraging each other, helping each other, belief in what you are teaching, commitment to the team, etc.

At the first practice, provide a handout for the players and their parents. This handout could contain some of the following items:

- 1) Your phone number, or how they can contact and communicate with you.
- 2) Your game and practice schedules.
- 3) Your goals for the team.
- 4) A roster of all the players (if you know it).
- 5) Let them know about any costs.
- 6) Your policy regarding playing time. I have actually seen parents in the stands timing each player's playing time with a stopwatch and entering it on a timesheet! I believe that you should let all the kids play at this age... winning is not the prime consideration at this age. Having said that, I also think that it is unfair to the kids that come to all the practices for a player who frequently misses practices to get as much playing time in games. Explain your policy on excused and unexcused absences.
- 7) You could mention how parents could help (some like to be involved), such as keeping stats, working the scoreboard, driving to games, providing treats, helping with uniforms, post-game pizza parties, and maybe even assisting in practice. Please read the *Esko Parent's Handbook* for more ideas on what parents can do to help the team. Get them to join the *Esko Hoops Club*.
- 8) You could briefly discuss the common problem these days of unacceptable parent behavior at games... yelling advice to their own child, yelling at the refs and other team's players, and "coaching" from the stands. We need to teach parents responsible behavior. Most parents are great, but some lose perspective on what is really important at this age.

When dealing with parents, be honest and open and show them that you really care about helping their child... get them on your side. If they become unreasonable or confrontational please set up a meeting with the athletic director or myself. Make yourself available to talk with them after a game but only if they are respectful and rational. Be diplomatic about any "coaching" advice they have to offer. Rather than getting into an argument with them, just politely thank them for their interest... you obviously don't need to follow their advice, but you also don't have to be snotty about it either! Remember that most parents are good people who care about their kids and just want what's best for them, just like all of us do. Do not simply choose to ignore parents. You may be able to get away with this if you are coaching at the college level, but it is inconsiderate behavior in our youth program. With that said I recommend that you avoid someone who is always and continual negative about your coaching, the basketball program, coaches and teachers in general. There are not a lot of people like this but they can be very destructive if you always give them a forum to spew their negative behavior. When coaching youth basketball, and at the high school level, parents can help make or break you... believe it! Do not ever meet with a parent or parents alone. Always have another coach or the Athletic Director present so it never ends up in a "he said, she said" conversation.

If you have a son/daughter on the team... be fair. Do not give your own child more playing time than the others. Don't run every play for them. Treat your child like any other player on the Esko Basketball team... do not over-criticize and expect more from him/her. And don't provide

him/her any special treatment either. When you are at the court, he/she is like any other player on the team. Away from the court, he/she is your special child and needs your love and support, not criticism... save any criticism or advice for when you are actually in the gym... kids don't even want to hear about it in the car on the way home. Your kid will approach you when they are ready to talk about basketball.

Let's put together a team!

I know you have limited practice time at this age. So don't try to accomplish too much, and keep things simple. Practices for younger children should probably be no longer than 60 to 90 minutes because of their short attention span. So what are you going to teach them? What are your priorities? Others may disagree with me, but here are some of my thoughts.

Teach the fundamentals

At every practice, do ten minutes of ball-handling and dribbling drills. Do simple passing drills. I have supplied many in the coaches' handbook. Teach footwork (pivoting, triple threat position, doing lay-ups, how to shuffle and slide on defense, etc). Correct shooting form will be difficult to teach at very young ages, since it will just be an effort to get the ball up to the hoop! But start working on correct form when the kids are strong enough. Use the lowered baskets for the very young, when teaching shooting. And with shooting at any age teach the importance of the power in your legs to get the ball up to the rim. Teach man-to-man defense and how to box out and rebound. Avoid playing zone defenses. It may be easier to coach and you may initially win more games but the fundamentals of good, solid basketball are lost. Coach Knight said it best, "Don't teach kids plays, teach kids how to play". I would say that probably 90% of the state champions in Minnesota, over the seventeen years I have coached here, have played man-to-man defense.

Team Offense

With a limited number of practices, find out who can dribble and handle the ball... they are your point guards and wings. Put them in a simple "3-out, 2-in" set (a point guard, left and right wings, and two post players), or bring one of the posts up to the free throw line... hence a 1-3-1 set. Teach them the numbering quickly... 1 is the point, 2 is the right wing and 4 the right post, and 3 the left wing and 5 the left post (the even numbers are on the right side and the odd numbers on the left). The only reason to put them into a set is to try to maintain some spacing on the floor... so all five don't end up in the right corner! You may also want to teach them a 1-in, 4-out set, or even a 5-out set. But tell them that they must not stand still in their position, but cut and move. Don't teach any plays except maybe a simple out-of-bounds play. They will not execute plays at this age anyway. Let them just "play". Teach them one-on-one moves, give and go plays, pick and roles and emphasize getting their teammates open for a score.

Let them know that you don't expect them to make every shot... but that you do expect them to shoot when they are open, and everybody rebounds (maybe one guard back). Teach them that part of being a good "team" player is taking good shots. So nothing fancy on offense... just a simple set, spacing, cutting, an early shot and crash the boards for more shots. If they are quick, emphasize the fast break for easy lay-ups.

Team Defense

I believe all young kids should first learn to play man-to-man defense before learning zones. In fact, I am not much on zones at any level. With the really young kids, just teach on-ball defense. With 6th graders, start teaching "on-ball", "deny" and "help side" concepts (**Please attend our coaches clinic this year as we will teach basic man defensive principles**). Now having said this, you could probably win most of your games by using a 2-1-2 (or 2-3) zone

defense because at this age most baskets will be made inside the paint. If you pack the paint with your defense, you will shut them down... there is little outside scoring at this age. There are many youth leagues that do not permit zone defenses at the younger ages. Some do not allow double-teaming, except in the paint. The kids will become better defensive players if they learn to move their feet and learn to play good man defense. Even playing man-to-man you can clog the paint. Just tell the kids that the paint is the "blood and guts" area that they must defend... that's where most scores will occur. So whenever there is an offensive player in the paint, a warning bell should ring in their heads that this player is a threat to score if he/she gets the ball... so deny this pass. When an offensive player dribble penetrates, other defenders should collapse on him/her and "help". Also, when a player dribbles around the right corner (they always do), don't let him/her penetrate along the baseline... stop it there and trap.

Full-court press

First, full court pressing probably should not be permitted with younger kids. But if you do press make it a full-court man press. I have used this with middle school kids and it works great, and is very easy to understand and teach. You will get steals and turnovers in the backcourt that you can quickly convert into easy lay-ups. It is simply a full-court man-to-man defense, so it flows easily into your half-court man-to-man defense. Simply, you pressure the ball handler, and the other players try to deny a pass to their man. Often times the young inexperienced guards will throw the ball away, or make some other turnover, but just applying a little gentle pressure. Don't let them dribble the ball uncontested up the floor... apply a little harassment. Don't teach a lot of trapping and gambling... just everyone plays good man-to-man pressure. Now, this is important... if they see the ball advancing quickly up the court (a good dribbler, or a good pass), then everybody sprints back as fast as they can to the paint (the old "blood and guts" area) and tries to stop them from getting the lay-up. Then, after stopping the lay-up, everyone can fan out and pick up his/her man. So when you are beat on the press, you must sprint back. Tell them that if they don't sprint back, you will assume that they are tired and will sit them down for a rest! By playing full-court defense, they will tire easier and actually want rest, and this is good for getting all your players in the game

Substituting

Try to figure out who your best players are. When you substitute, always have two good players out there... someone who can dribble and get the ball down the floor, and someone who can rebound and play tough defense "in the paint". I often have my assistants help and make most of the substitutions. As a head coach you are too busy trying to "coach" the game to keep track of everyone's playing time... your assistant can be a big help here. Discuss with your assistant before the game who your starters will be, and your general substitution pattern (who plays what positions, etc), and then let him do it... you can always over-ride him in a given game situation. With young players, let everyone on the team have a chance to start at least one game during the season. I tell the kids, "it's not who starts... it's who can finish the game".

Take Care of Yourself

Have fun and enjoy the kids.

Take care of yourself both mentally and physically.

Planning relieves a world of stress.

Accept criticism for what it is worth. Mom and Dad will always think Junior is better than he is.

Always consider the source of the criticism.

If you want everyone to like you have picked a strange hobby.

Good Luck, Coach Devney





ESKO BOY'S BASKETBALL

5th and 6th Grade

PASSING

1. Two handed chest pass (include bounce)
2. Two handed over the head pass
3. Two handed cross face bounce pass
emphasize "fake hi-pass low, fake low-pass high"

DRIBBLING

1. Review stance and footwork
2. Right and left hand
3. Control plus speed
4. Change of pace
5. Switching hands (keeping body between ball and defense)
6. Keeping eyes up
7. Reverse turn, crossover dribble

SHOOTING

1. Lay-up (both left and right)
2. Set shot
3. Push shot
4. Back to the basket, drop step and go
5. Pass to yourself then shoot

REBOUNDING

1. Following shot
2. Defensive positioning (blocking out)
3. Signaling on shot and raising hands in anticipation of rebound
4. Offensive rebound (go to the ball)
5. Keep ball up after rebound

PIVOTING

1. Front and reverse
2. With ball after rebound
3. Starting back to the basket, drop leg and go for shot

DEFENSE (man to man)

1. Review basic stance and footwork
2. Increase pressure
3. Maintain awareness of the ball to be in a position to help a teammate
4. Point the ball, point the man man
5. Ball, you, man
6. concept of "help" defense

OFFENSE

1. Faking before dribble
2. Faking before rebound shot-pump fake and up vs. pressure
3. Faking before passing-pig in middle, 4 vs. 3 box passing
4. Give and go
5. Pass and cut for return hand-off



6. Three man weave
7. Post offense introduction
8. Introduce screening, pick and roll, give and go
9. 4 out-1 in offense
10. Press Breaker

GAME SITUATIONS

1. Cutting off free throw shooter
2. Jump ball alignment
3. Inbound plays-under, side, full-court
4. proper spacing between players- tape on floor 15-18 feet on perimeter

ESKO BOY'S BASKETBALL **7th and 8th Grade**

PASSING

1. Two handed chest pass, includes bounce
2. One-handed pass
3. Passing off dribble
4. Lob
5. Two-handed overhead pass
6. Two-handed cross face bounce pass
emphasize "fake hi, pass low, fake low, pass high"



DRIBBLING

1. Right and left hand
2. Change of pace, dribble and retreat
3. Switch hands
4. Changing direction using crossover, behind the back, and between the legs

SHOOTING

1. Lay-ups (both left and right)
 - a. power lay-up
 - b. reverse lay-up
2. Set-shot
3. Push shot
4. Basic back to the basket shot for pivot men
 - a. drop step, power lay-up
 - b. wheel and baby hook
 - c. turn around jumper
5. Inside foot forward lay-up

REBOUNDING

1. Following shot
2. Defensive positioning (blocking out; look, turn, and go to the ball)
3. Signaling on shot and raising hand in anticipation of rebound
4. Offensive rebounding-swim move (go to the ball)
5. Keeping ball up after rebound

PIVOTING

1. Pivot and pass (front and reverse)
2. Starting with back to the basket, drop leg and go for shot
3. Screen and roll



DEFENSE (man to man)

1. Stance and footwork
2. Increase pressure to full court
3. Introduce concept of help side defense

Defensive Concepts

Stop ball

- 1) Anticipate And Dictate
- 2) Convert
- 3) Ball Pressure
- 4) Early Help
- 5) No Ball Reversal
- 6) Dead Front Post
- 7) Fill And Sink
- 8) All Sink

Stop ball as far out on floor as possible

Anticipate- domination, control, steer

Conversion- do not fight rebound or outlet
all out sprint back- can not play defense in retreating position

Ball pressure-most important individual concept

Intense ball pressure

force ball to outside of floor
steer from lane line extended

Early help- help player can never be too early, on the line, up the line

Fill and sink- sink to depth of ball

No ball reversal- fight ball coming back out from baseline, force slow lob pass so defense can adjust: quick ball reversal is a killer!

all sink and dig when ball is entered to low post

OFFENSE

1. Faking before shot (threat of the shot)
2. Faking before going to basket
3. Long step and drive
4. 2 and 3 man games
 - a. give and go
 - b. pass and cut
 - c. motion offense
 - d. screen and roll
 - e. screening away from the ball
5. Motion offense- 4 out-1 in, 3 out-2 in
6. Set plays
7. Dribble-drive offense



GAME SITUATIONS

1. Cutting the shooter in free throw situations
2. Jump ball alignments
3. Begin development of fast break patterns
4. Brief introduction to total team offenses- both man to man zone
5. Press break offense

ESKO BOY'S BASKETBALL

9th Grade

PASSING

1. Review of all passes



DRIBBLING

1. Review of all dribbling fundamentals

SHOOTING

1. Review of all previously learned fundamentals
2. Two handed underhand lay-up
3. Advanced back to basket shots for post men
4. Jump shot
5. Reverse lay-up
6. Daily dozen

REBOUNDING

1. Review all rebounding fundamentals
2. Tipping (both hands)
3. Clearing ball after rebound (pass and dribble)

PIVOTING

1. Review all previously learned fundamentals
2. Position for reverse screen

DEFENSE (MAN TO MAN)

1. Review all previously learned fundamentals
2. one on one, two on two full-court to increase pressure
3. Fronting the post man inside
4. Weak side help
5. Taking away cutting lanes
6. One pass away- one step away, two passes away- two steps away, etc.
7. Denying all penetrating passes
8. Opening up to the ball on back door plays
9. Exposure to team defensive principals- both man to man and zone

OFFENSE

1. Review previously learned fundamentals
2. Encourage more development of individual moves
3. Implement moving without the ball - V cut and L cut
4. Motion offense
5. Set plays

GAME SITUATIONS

1. Review previously learned fundamentals
2. Slightly more exposures to zone offenses
3. Exposure to zone press offenses-develop set press breaker
4. Out of bounds plays
5. Special situation play, jump ball, last second, etc.
6. Development of team offenses to fit personnel



ESKO BOY'S BASKETBALL

Varsity and Junior Varsity

All previously learned fundamentals are to be rewarded and practiced constantly. Plus, more specialization in both individual and team fundamentals. Also zone press defenses will be added.



ESKO BASKETBALL

DEFENSIVE DRILLS

42 DEFENSE



1. STANCE-SLIDES-STUTTER, "DEAD", "BALL", "SHOT"/ CHALLENGE DRILL
2. 2 ON 2- DRIBBLE TO SINK & RECOVER
3. 2 ON 2-CLOSE GAP, ON THE LINE, UP THE LINE- TOP AND SIDE
4. 2 ON 2- DEFEND GIVE AND GO
5. 2 ON 2-DEFEND CROSS SCREEN
6. 2 ON 2-DEFEND PICK AND ROLL-SHOW /RECOVER, BELLY AND FIGHT OVER
7. 2 ON 2-DENY ENTRY TO WING AND RECOVER
8. 3 LINE STEER- LEFT, RIGHT AND CENTER
9. POST DENIAL - BALL ABOVE F.T. LINE-ON LINE,UP LINE. BELOW F.T. DEAD FRONT
10. POST HELP
11. 3 ON 3 AND 2-ON-4 HELP AND RECOVER
12. FULL COURT JUMP AND RUN- 2-ON-2, 3-ON-3, 4-ON-4, 5-ON-5
13. SCRAMBLE DRILL
14. 5 VS 4 AND 3 VS 4 ON DEFENSE
15. FULL COURT 2 ON 2-JUMP & RUN
16. CHALLENGE DRILL - 1 ON 1 FULL COURT, 2 ON 2 FULL COURT
17. FULL COURT CONVERSION DRILL -3 on 3,rebounder stays
18. 3 ON 3 SCREEN OUT DRILL-STRAIGHT UP OR CIRCLE
19. SHELL DRILL-4 ON 4 FROM BASELINE OR HALF COURT, STRESS ALL CONCEPTS
20. 5 ON 5 WITH NO HANDS- STRESS CORRECT ROTATIONS
21. GAME TO 10 POINTS
OFFENSE GETS 2 PTS. FOR LAYUP, 1 PT. FOR 8 PASSES
DEFENSE GETS 1 PT. FOR DEFLECTION, 3 POINTS FOR INTERCEPTION
22. "CHANGE" OR 3 TRIPS
23. 4 ON 4 FULL COURT- 3 TEAMS, PLAY TO 5 BASKETS
24. 4 ON 4 CLOSE OUT FROM BASELINE-REGULAR AND GAME TO TEN WITH 3 TEAMS
25. NINE POINT CHECK
26. HONDO DEFENSIVE DRILLS
27. FULLCOURT 1 ON 1, 2 ON 2, 3 ON 3, 4 ON 4, 5 ON 5 "CHANGE"
28. 5 ON 5 TRANSITION-CALL 2 NUMBERS TO STAY AND CATCHUP

ESKO BASKETBALL

DEFENSIVE POINTS TO EMPHASIZE AND REMEMBER:

- 1. POINT THE BALL, POINT THE MAN.**
- 2. BE ON THE LINE & UP THE LINE.**
- 3. HAND ON EVERY SHOT.**
- 4. PRESSURE THE BALL AT ALL TIMES - INTENSE BALL PRESSURE.**
- 5. TALK -YELL “SHOT” TO SIGNAL SCREEN AND “DEAD” TO SIGNAL ALL OUT OVER PLAY. LET YOOOUR TEAMMATES KNOW WHERE YOUR ARE AND THAT THEY HAVE HELP “LEFT”, “RIGHT”, OR “SCREEN COMING” LEFT OR RIGHT.**
- 6. HELP DEFENSE-SAG TO BALL. BALL-YOU-MAN.**
- 7. SINK TO FILL. ALWAYS FILL TO HEIGHT AND DEPTH OF BALL PENETRATION**
- 8. MAKE CONTACT ON SCREEN-RELEASE AFTER THE BALL HITS THE RIM.**
- 9. STEER BALL TO SIDELINE/BASELINE- DENY BALL REVERSAL, FIGHT THE COMING BACK.**
- 10. BUMP ALL CUTTERS- BE PHYSICAL**
- 11. ALWAYS PLAY HARD AND INTENSE.**
- 12. STOP BALL-THIS IS NOT A SUGGESTION**
- 13. ANTICIPATE AND DICTATE!**



ESKO ESKOMOS BASKETBALL **DEFENSIVE SETS**



At the varsity level, we will, at times, mix up our defensive sets. If we are shooting a freethrow we will huddle up each time immediately after the foul is called to determine what set we will be in. If no call is made from the bench we will always go *½ court man*(42) defense. The #1 man/point guard will be in charge of getting the call from the bench and quickly calling a huddle to relay the defensive set to teammates. If we are successful in a particular defense we will stay in that defense until the bench calls a change. Example: If we get a steal and a basket while we are in *jump and run* (84) we will stay in it until we are not successful. I suggest you stay with #42 defense at the lower levels and if you press go #84 or #85.

#42 Half Court Pressure Man To Man.

Signal-

*Our #1 Defensive Set- We Will Play This Defense 90% Of The Time

This Is Our Primary Defense And We Will Almost Always Fall Into This Half Court Defense From Other Defensive Situations. We Pick Up Our Opponent At The Half-Court Line. **G.A.T.A.**

If No Signal Is Called We Will Always Be In It!

#43 Half-Court Jump And Run

Signal-

#44 Switching Halfcourt Man To Man.

Signal-

We Will Switch On Perimeter Screens Only. Yell "Black" To Make Switch

#21 ¼ Sagging, Packline Defense

Signal-

Formally "Duke", Weak Top Doubles The Post

#84 Full Court, Straight Man

Signal-

No Jumping, No Switching

#80 Soft- Medium Full Court Pressure.

Signal-

Used Primarily To Eat Up Time On The Clock When We Have A Lead Late In The Game . No Fouls Ever In This Defense.

#85 Full Court Jump And Run

Signal-

We Will Jump All The Way To The Top Of The Key.

#86 Full Court, Deny With A Center Fielder.

Signal-

If We Do Not Get The Steal We Will Automatically Make The Transition Into Jump And Run (#85).

Memorize Each Signal And Defensive Set. Those That Do Not, Will Not Play.

**"You Have To Play Great Defense To Win. Our Best Players Were Our Best Defenders,
That Is Why We Won The National Championship"**

-Charlie Bell, Michigan State

Good defensive play is as much a matter of hustle, desire and pride as it is anything else."

-- Tex Winter

Stick with your man. Think of him as chewing gum. By the end of the game, I want you to know what flavor he is.

-Coach Norman Dale in Hoosiers

ESKO BASKETBALL

DEFENSIVE PHILOSOPHY

STOP BALL

1. Backbone of defense is to push the ball to the sideline. Funnel the ball to the baseline without giving up the baseline.
2. Ball side toughness is a must. Intense ball pressure and deny your man the ball if you are one pass away. Do not let your man drive the ball in the paint from the wing.
3. Must fight any ball reversal. This is where we slowdown their offense.
4. Deny all passes coming from the baseline out. This is where we will get many steals.
5. The ball must be pressured at all times. Make them do something they do not want to do. Activate the ball, and trace the ball. Shade your stance to their strong hand. Stop penetration into the lane. We must keep our opponents from penetrating the lane from the top. Keep 'em out of the middle alley!
6. Defensive player one pass away from the ball must be "on the line and up the line". Deny your man the ball! Force them out on the floor to receive a pass.
7. Defensive player that is two passes away from ball must be in help position. When two passes away always point the ball, point the man. Anticipate your man cutting to the ball and beat him to his desired spot.
8. Dead front the low post when the ball goes below the free throw line be "on the line, up the line" when the ball is above the free throw line. 3/4 front when your man is on the high post.
9. Help and recover - develop trust in teammates. You must always be in a defensive stance and be ready to move quickly. "Hot Feet".
10. When ball is on the post or is penetrated always sink to fill. Drop to the level the ball is penetrated.
11. Talk to signal teammates of picks and cuts of opposition. "Cutter", "Flasher", "Screen Right", "Screen Left"
12. Yell "Shot" to signal screen out to your teammates and box out tough.
13. Yell "Dead" to signal teammates that opponents have picked up dribble and all out overplay is on.
14. Hand on every shot! Never leave a shooter uncontested! Never!
15. Know where the ball is at all times.
16. Anticipate and dictate-react on offense, not on defense. Do not let them do what they want to do. Do not let them take the ball where they want to take it.
17. **Help, guard line, talk, fight! G.A.T.A. Be tougher than a \$2.00 steak!**
18. **Have great intensity and believe in what we are doing defensively. If you do, the wins and championships will follow. 15 out of 16 teams that made it to the semifinals of last year's Minnesota Boys State Tourney played pressure man to man defense. If we want to be a great team we must play great man to man defense! Everyone must take responsibility and do their part and we may become a great team!**



Esko Basketball

Coaching tips to keep us at a Championship level:



- 1) Loyalty-**

Patton said, "I would rather have a loyal soldier than a great soldier."
Lombardi said, "Loyalty is the greatest form of love."
"What we do here, what we see here, what we say here, let it stay here when we leave here."
"Faithful are the wounds of a friend; but the kisses of an enemy are deceitful."
"A faithful friend is a strong defense: and he that hath found such an one hath found a treasure."
Loyalty is the cornerstone of team building.
- 2) Work ethic-**

Make a living by what you get.
Make a life by what you give.
Listening and learning-
 - Watch instructional tapes
 - Attend clinics
 - Attend varsity practices and games.If you improve as a coach your players will improve.
- 3) Communication skills-**

Coach knight said, "Make sure players listen and make sure you have something worthwhile to say."
Be specific and reinforce your message.
Balance between positive and negative but you must have both to be an effective coach.
The best players want to be criticized-communicate that message to your players and they will accept the negative with the positive. Remember that name-calling or personal attacks are never appropriate.
Require eye contact from your players. Don't let them look at the floor, the ceiling or another player.
A player in a non-learning posture does not learn.
- 4) Ability to teach**

Have a detailed practice plan, and be organized on the floor just as you would in the classroom.
Knowledge of basketball
Presentation skills
Professional attitude
Warm, approachable personality
Desire to improve-incorporate drills and activities into practice that have winners and losers!
- 5) Leadership –**

Does the behavior of your players match their goals?
Leader should be your best player or your hardest worker.
Quiet gyms are losing gyms-have players say each other's name during drills.
Say name of player first then instruct
Each player should hear name at least 20-25 times per practice
Difference between mature player and immature player is one hour. If you are wrong and a player is right let them know that saving face at practice and challenging you in front of the team will not be tolerated. Make them aware that after practice they can come into to see you and square things up.
- 6) Take care of yourself**

Have fun-enjoy these kids.
Take care of yourself physically and mentally-sharpen the saw.
Planning relieves a world of stress.
Accept criticism for what it's worth. Mom and dad will always think junior is better than they really are.
Always consider the source of the criticism. Please read the *Esko Basketball Parents' Handbook*. If you want everyone to like you, do not become a coach. You have to develop *thick skin* as coaches are criticized at all levels.

Tips for Organizing an Effective Practice

by Dan Spainhour

“The success or failure of most coaches is in direct proportion to their ability to devise practice drills to meet their particular needs, and then properly coordinate them into the daily practice program.”

--John Wooden

Practice planning is critical to the success of any coach. Every practice should be planned and written out. Practice plans should not be devised in a hurry. Understandably, especially in situation where a coach has many other responsibilities outside of coaching, it can be difficult to find the time to plan an effective practice. The important thing is to take hold of the fact the plan is just as important as the practice itself. As the saying goes, “you always find time for things that you think are really important.” Planning practice is really important. One method is to plan the next day’s practice immediately following practice. While a practice is fresh in your mind take time to evaluate that day’s performance and plan the next day. Also, keep a record of all of your practice sessions from one year to the next so they can be used as a reference.

In general, practice should run between 2 and 2 ½ hours. To keep your players fresh, avoid going much beyond two hours late in the season. Below are some guidelines for organizing a great practice:

1. Follow your practice plan—even if what you’re working on is not completed to your satisfaction. It is better to schedule an activity again for the next practice than it is to be forced to omit something that you had planned to cover.
2. Use drills that simulate game conditions as much as possible. Make them competitive.
3. Explain the purpose of each drill to your players. If you’re not careful players will go through a drill and when it’s over have no idea what they were suppose to be working on.
4. Vary drills as much as possible. Avoid falling in love with just one drill.
5. Introduce new points early in the practice session.
6. Use drills that condition your players. Running sprints may have its place but the most effective way to get your team in basketball shape is through competitive drills.
7. Devote at least 40-50 percent of the practice time to individual fundamentals.
8. As the season progresses, devote more time to team drills.
9. Emphasize everything. Just because you may be working on a specific drill or fundamental do not allow slippage in other areas.
10. Try to end the practice on a good note. Don’t just end it. Do something your team can feel good about.
11. Take time to analyze the practice and plan the next day’s practice while it is still fresh in your mind.

Dan Spainhour has more than 20 years of high school and college coaching experience. His teams have collected more than 400 victories and three state championships. He has received numerous awards during his accomplished career, including 14 coach of the year honors, and was named an ambassador for athletics in the state of North Carolina.



Esko Basketball

Offensive Drills & Fundamentals

Shooting

1. Layups/Lunge Layups
2. Reverse Layups
3. 1/2 Court Challenge Layups
4. Inside Foot Forward Layups
5. Mikan Drill
6. Jabbar Drill
7. Two Block Hurry
8. Two Ball Shooting
9. Spot Shooting
10. Daily Dozen
11. Post Drills
 - Baby Hook/Jump Hook
 - Power Slides
 - Inside Foot Forward
 - Sikma Moves
 - 4x4x4
- Post Strength
 - Rip Ball Away
 - Hit Ball With Fist
- Post Reaction
 - Back To Pass-Yell Pass
 - One Hand Catch With Feet Moving
 - One Pass Up, One Pass Down
 - Bad Pass Drill
 - Roll Pass And Chase With Partner
 - Post Man Pin Drill
 - Touch 3 Spots Before Getting Feed
 - Superman Drill
 - Chin It Every Time
12. Michigan
- 13 .One On One Moves
 - Jab & Go
 - Jab & Crossover
 - Jab & Shoot
 - Jab & Reverse Turn
 - Jab & Behind The Back Dribble
 - Shot Fake And Go
14. Pair Up-Shoot To 10
15. V-Cut And Step In
16. Enter To Post And Move For Shot And Shape Up-Double Post
17. Step And Shoot, Catch And Shoot, Hop And Shoot
18. Steve Alford Shooting

19. Fake A Pass, Fake A Shot, Fake A Drive And Shot, Five Inch Fake
20. Two Man Shooting
21. Two Line Bank Shots/Elbow Shots
22. Fast Break Shooting Breakdown

Dribbling

1. Mass Dribble- Full Court Speed Dribble
2. Dribble Tag- Half Court
3. Challenge Drill/Zig Zag Drill
4. Cone Dribbling
5. Four-Corner Passing
6. Dribble Moves
 - Crossover
 - Reverse Turn
 - Behind The Back
 - Between The Legs (Front To Back)
 - Change Of Pace
 - Speed Dribble
 - Attack And Retreat
 - Killer Crossover

Passing

- Four Corner Passing Drill
- Three Man Weave
- Machine Gun
- Pig In Middle
- Five Man Weave
- 4 On 3 Box Passing
- 3 On 2
- 2 On 1
- Two Ball Full Court
- 3 On 3 No Dribble
- 4 Corner Handoff And Pass
- 2 Line Pass
- 2 Man Passing Full Court
- Kinds Of Passes
 - Chest Pass
 - Bounce Pass
 - Overhead Pass
 - Baseball Pass
 - Lob Pass
 - One Hand Entry Pass

Rebounding

Scramble Drill
Superman Drill
Triangle Screenout
Circle Screenout
Tip Drill
Offensive Rebounding
Pump Fake And Up With Chaser

Screening And Cutting-Refer To Building

Motion Offense

2 On 2, 3 On 3, 4 On 4, 5 On 5
Down Screen, Back Screen, Cross Screen,
Rear Screen
V-Cut And Shot
L-Cut And Shot
Curl Cut, Ball Cut, Flair Cut, Pop Up
3 Cuts Before Shot

Team Defenses

42-Half-Court Pressure Man To Man
43-Half-Court Jump And Run
44-Half-Court Switching Man To Man
21-Sagging Man To Man
80-Soft Full-Court Man, No Fouls!
84-Full-Court Pressure Man
85-Full-Court Man Jump And Run
86- Deny W/Center Fielder

Team Offenses

Versus Man
Kobe Dribble Drive Offense
Flow – 5 Out
Motion 1 - 4 Out, 1 In
Motion 2 - 3 Out, 2 In
Versus Zone
Kansas 4 Out, 1 In
Motion 2- 3 Out, 2 In

Other Drills

Big Ten Warmup, UCLA Sprints, 30 Second Drill, Floor Stop, 3 Man Pivot Drill, Full-Court Pivot, Line Footwork Drills

Team Drills

Passing
10 Pass Drill
Post Entry Drill
2 Minute Drill
6 Minute Drill-Continuous 3 On 2 Down,
2 On 1 Back; Total Points In 6 Minutes

Transition Drills

3 On 3 Full Court Transition-Bennett
3 On 2, 2 On 1
Cycle
Circle Rebounding And Go
“Change”
11 Man Break
Blood Drills

Team Shooting Drills

Michigan State
9 Minute Post Shooting
10 Minute Shooting Drill
Full Court 3 Man Shooting
4 minute shooting 3's



ESKO BASKETBALL

STRATEGY AND PLAN SHEET



DAILY PRACTICE PLANNING FORM

TEAM LEVEL: VARSITY

DATE / /

PRACTICE#

TIME

DRILL/FUNDAMENTAL

COACH/BREAKDOWN

[illegible]

COMMENTS:

GOLD TEAM

BLUE TEAM

EMPHASIS OF THE DAY:

FUN DRILLS FOR THE DAY:

1)

2)



ESKO BOY'S BASKETBALL

CLINIC NOTES DEVELOPING LEADERSHIP

1. Your best player must be your hardest worker
2. Quiet gyms are losing gyms. Have players call out each other's name when making a pass or setting a screen or help each other on defense.
3. Does your players' behavior match their goals? Remind them of what it takes to get where they want to go.
4. A mature player versus immature player is one hour.
5. Distinguish between a correction and a reminder
6. Say the players name first, then instruct.
7. Have your players look at the bench/coach during all dead balls during a game.
8. Good athletes pay attention to details.
9. If a player is in a non-learning position he is not learning. Required your players to look you in the eye and stand straight with positive body language.
10. Your players will do well what you emphasize. It is not what is taught, but what is emphasized!
11. Players must learn to seal the deal-win when a win is in their grasp.
12. Play the best to beat the best. Prepare to beat the best team on your schedule.

Developing team play

1. Players must be coachable and teachable. Players must be willing to accept criticism. The best players want to be criticized.
2. Coaches must be consistent in your message. Players must be consistent in their effort.
3. Players must work to impress the coaches. The players must get the coaches excited to coach on some days.
4. Players, coaches, staff, fans and parent use "we", "us" and "team"
5. The worst player to play with, as a teammate is the one that will not play defense.
6. Players must know what goes into losing-turnovers, bad shot selection, poor transition back on defense, poor rebounding, missing free throws, etc. Once players know what goes into losing, they will figure out what goes into winning.
7. Practice must prepare players to win. Have winners and losers in practice. Make practices tougher than a game could ever be. Players must develop the ability to create and finish plays.
8. Good teams have good captains.
9. Coaches must bring energy to practice.
10. Have winners and losers in every drill. Make your best players compete against each other in practice.
11. Keep all of your drills to 10 minutes or less. Refer to some of the practice plans i gave you.
12. Give your players an opportunity to quit. Begging players to come out or stay out can come back to haunt you.
13. Every team must develop depth. 7-10 players in high school. 9-10 in college.
14. Plan the work and work the plan. I could never go into a classroom without a lesson plan. So, a two-hour practice that has both a physical and a mental aspect must be thoroughly planned-every minute.
15. Always look to learn more about the game but never try to implement so many things that you do them all average or poorly. Man-to- man defense and motion offense are the best ways to teach players how to play. Have these as a base to work from for all of your drills. Remember the part/whole method. Then, when you introduce a play or some type of zone press the basics will be in place if you keep the emphasis on the fundamentals.
16. Players will do well what you emphasis. Constantly sell them on what you are doing and what the team philosophy is. Team play becomes easy when all players have bought in 100% to what you do, no matter what the philosophy.





Practice Guidelines to Consider

Get coaching done prior to, not during the game



Practices should be designed with the objective of preparing a team physically, technically, and mentally for game competition. Emphasis should be focused on execution and effort. Players must learn and develop the habit of working and playing hard at all times. Great teams are a result of the best players being the hardest workers. Motor learning and timing requires practicing at game speed. Get rid of the non-workers. No one steps on the floor without full hustle attitude. Insist on a team effort at all times.

- It is imperative that any time a coach talks everyone listens including other coaches. Demand and get eye contact of all players prior to speaking. Make sure that the coaching staff is well coordinated and uses the same offensive and defensive terminology.
- Clarify rather than confuse. Do not over coach. Keep instructions simple. Tell players what you are going to teach them, teach them, and tell them what you taught them.
- Be sure to teach when and why as well as how. There are certain fundamentals every player must master, and in addition each position also has specific fundamentals to learn.

Coach players not the system. It's not what you run, but how you run it that counts. Basketball is not a game of offenses and defenses, but a game of effort and execution. If you are experiencing problems during games, go back and work on basic fundamentals and execution. Do not change or add new plays.

- Establish season master plan, weekly and daily practice schedules. Don't expect players to know or execute anything that has not been covered in practice. During a game if a situation arises that you are not prepared, take note and include it in the next workout.
- Develop all of your players to the best of their capabilities. Coaching great players is easy. Where great coaches excel is in getting the most out of every player on the squad regardless to physical abilities and skills.

Make up detailed practice schedules. Post and give copies to assistant coaches. If at all possible hold a pre-practice coaches meeting. Carry a note card to refer to during practices. Every drill must have value or purpose otherwise throw it out. Alternate physically tough drills and less strenuous ones. Be sure to include individual defensive skill development in each practice.

- Whenever possible introduce and demonstrate a drill or activity one day, and then practice and make correct on the next day. Review (analyze) and reinforce skills and techniques as needed.
- Pay attention to detail. Precise execution and footwork are vital. Make precise corrections. On first time mistakes, stop action and make everyone aware of correction. On repeated mistakes substitute or wait for break in action to correct. Do not waste other players' time to correct one individual. Do not get caught up with lengthy explanations.
- Use positive reinforcement and point out successful performances rather than negative ones. Find reasons to praise and encourage rather than condemn. Use constructive criticism when appropriate, but never yell. Have you ever heard of a successful teacher that yells at their students?
- If a drill is going poorly, stop it and go onto something else. Come back to it later or next practice. End all practices on high note or successful achievement (made pressure free throw, make ten consecutive free throws (make 10 for younger players), shooting contest, half court shot, etc.).

Some very useful scrimmage ideas. During practice have assistant coaches referee. For intrasquad scrimmages bring in regular officials.

- Have players make ten consecutive free throws before substituting. In lieu of just standing around.

- On jump balls, first player to dive on a loose ball gets it or give it to the defense.
- Eliminate the dribble. Especially at the start of preseason practices. During full court scrimmages make it a violation when a player dribbles. Players may struggle a little at the start, but they will soon adapt and start playing with their heads up and making cuts away from the ball. This is great for team play.
- When working half court on offense, have the defense make four or five defensive stops (combination of turnovers & defensive rebounds) before going to offense. This will provide incentive to play tougher defense which will improve the offense.
- Defense and break. During offensive half court work, allow defense to fast break on turnovers and missed shots. This will not only give the defense incentive to play harder, but it will also check and insure the defensive balance responsibilities.
- Free throw and press. When practicing full court presses or attacking full court presses, start with a made free throw.

Practice Preparation. Starting a strenuous physical activity, such as basketball, without proper warm-up is detrimental to athletic performance and health. The purpose of a warm-up is to prepare for muscular activity, and is not an exhausting activity to bring on fatigue.

- It should be composed mainly of stretching and light running exercises. It should be of sufficient duration and intensity to adequately prepare players for the physical demands of the game or work-out.
- Cooling down and/or stretching after practice can be more beneficial to injury prevention than stretching at the start of practice. Think about ending workouts and practices by having players make 10 consecutive free throws. For younger players make 10 free throws. This will allow the players to cool down along as practice shooting free throws when tired.

Injury Prevention and Player Safety. Unfortunately, in basketball injuries do occur. Most injuries will be minor; however, life threatening injuries can and do occur. Therefore, all coaches must be first aid trained and certified.

- Make sure that a first aid kit and supplies are available including ice or cool packs for every game and practice.
- Be extremely cautious when it comes to head, neck and back injuries. Also, be aware of any health problems your players may possess.
- Make sure to have signed participation liability releases and a list of player emergency contact phone numbers.
- Prevention. Be cognizant of potential dangers and hazards around the court area at all times.





Performance and Human Behavior

"When you give it your best effort, you may run out of time, but you will never lose a game, regardless of the score!" Coaches expect their players to play with determination and effort, to play hard, and to play through adversity; but very few coaches give them the means or the tools that will allow them to accomplish these great expectations. Knowing and understanding the various phases of human behavior and how they effect performance will enable players not only to play through adversity, but to be more successful and productive in the process. When faced with a difficult task or adversity, players will progress through the following three phases or levels of human behavior:

Phase I: EFFORT AND DETERMINATION

- Success is achieved through hard work and determination. Great athletes view adversity and pressure situations as challenges rather than threats. They are very determined, and will work harder for longer periods of time than mediocre ones.
- Players must learn to play through adversity to be successful. "Only worry about the things you can control." In fact, great athletes never allow a bad call or bad play effect their performance & concentration. They may have some bad moments, but never a bad game (or day).
- All great athletes possess the ability to bounce back. "No matter how many times you get knocked down, you are only beaten when you fail to get up."

Rev. Bob Richards: The Atmosphere of Greatness

Phase II: LOSS OF SELF-CONTROL

- When efforts are unsuccessful, players progress into the second phase of behavior and start to loose self-control. They become frustrated and aggressive, getting verbally and physically abusive. They look for excuses or scapegoats. This loss of self-control can sometimes get violent and hostile (push turns to shove).
- Since frustration and aggression requires a great expenditure of physical, emotional, and spiritual energy, this phase of loss of self-control only lasts for a short period of time.
- Because of their determination, work ethic and their ability to control their emotions in the face of adversity, great athletes very rarely advance to this second phase of human behavior.

Phase III: QUITTING

- Since players are physically, mentally and spiritually beaten, they will advance quickly into the third phase of behavior and quit.
- The situation is not worth any more effort. They give up entirely and throw in the towel.

BEST EFFORT

Editor's Note: "Winning is the only thing!" This may be true on the Professional level, however, on all other levels of the game of basketball giving your best effort is of the utmost importance. Playing through adversity is one of the most important lessons players can learn from this great game.





Real Competitors



Competitors win championships!

Real competitors are those players that come to play every time they step on the court. They are a team's hardest workers constantly, improving. They are not the type that scream at their teammates or officials or kick trash cans after the game. They are the type that are determined and just plain enjoy playing. Competitors are those players that players love to play with not against, spectators love to watch, and coaches love to coach.

Real competitors are hard to find.

Legendary Coach, John Wooden, once said that "If you have one competitor on your squad you will be successful. If you have two you will be competing for the conference title and with three a national title." He had no idea what four or five competitors on a single team would be like since he had never witness it.

Real competitors view adversity as a challenge not as a detriment.

In trying situations, they compete and work hard to over come it rather than get frustrated or angry. Michael Jordan is a classic example of a real competitor. He competed every night despite the fact that he was facing the opponent's best defenders, double teams and even triple teams. Despite constantly being held and grabbed, pushed and shoved, he rarely ever complained to the officials or lost control of his actions. Instead he accepted the challenge and was more motivated to succeed. When Michael Jordan stepped on the court he was bound and determined to be successful no matter what the opponents threw at him.

Real competitors make their teammates better.

They are not successful at the expense of their teammates. They do not gripe or complain about the teammates' lack of skills and abilities. But, are helpful not only in improving their teammates skills but more importantly their confidence. Did you know while playing for the Chicago Bulls, in order to make his teammates better, Michael Jordan scrimmaged with the second string during practices?

Competitors are "Erasers."

After bad calls or turnovers, rather than griping or complaining, they hustle back on defense to make a defense stop. They are fully aware of the fact that the only turnovers that hurt a team are the ones upon which the opponent score. If/when the opponent does not score after a turnover then, no matter how bad, that turnover is erased!

Competitors don't have to look at the scoreboard to know the score.

Winning is certainly important, but how it is achieved is more important. To them the most satisfaction and pleasure comes in playing the game, not with the final game score. They know that when they are passing, shooting, rebounding and playing solid defense well, the scoreboard will take care of itself. They play every play in a game as if it was the last play of the game. After the game, regardless of the score, they are satisfied because they gave it their best effort.

How do you identity competitors?

A simple test for competitiveness is to place a player with the worst players and have them play against the best players. In this situation, do they except the challenge and give it their best in rallying their lesser skilled teammates into competing against the stronger team or do they complain, sulk and give a less than best effort because they are over matched and not playing with the stronger group?

Motivation and Learning

"If you treat a man as he would be and could be, he'll become what he could be and would be; if you treat him as if he is, he'll remain as he is". -- Goethe

Motivation is the single most important factor in learning and perfecting basketball skills.

Motivation can be either intrinsic (a self-curiosity or desire to know) or extrinsic (a definite or must need to know). In basketball, self or intrinsic motivation is the most effective and long lasting. Motivation is definitely enhanced when:



- the coaching staff possesses a contagious excitement and commitment for the game.
- the teaching environment includes adequate facilities, and equipment that are conducive to learning.
- the coaching staff encourages and fosters the desire to want to learn and achieve on the part of the players.
- the players are surrounded by good people, and poor behavior and distractions are not ignored or tolerated.
- every player on the team is given definite roles and responsibilities that are incorporated into a total team effort.

Learning is best when . . .

... it is appropriate to the emotional and physical maturity level of the players.

... the physical and social environments are conducive for learning.

... the coaching staff is enthusiastic, well versed and knowledgeable.

... it involves strong support and encouragement (under-achievers will excel on occasions, while the talented are consistent).

... it includes activities using as many senses as possible. Learners remember 10% of what is read, 20% of what is heard (75% is forgotten after 2 days), 30% of what is seen (majority of learning), and 50% of what is heard and seen, 75% of what they do and 95% of what they teach.

... it is sequential and logical, progressing from concrete to more abstract concepts (one on one skills before five on five skills).

... it involves activities that are appropriate to the specific situation. The best way to learn basketball is to practice BASKETBALL.

... it involves constant repetition and practice using correct techniques.

... it is purposeful and fully understood by the learner (boxing out on rebounds).

... it is the result in functional understanding. Players must gain a working knowledge of the game (what, when and why should be very clear and specific).

... it encompasses the teaching of cognitive (knowledge), psychomotor, and attitudinal (confidence) skills to develop the complete player. Attitude skills are the toughest to achieve.

... it is FUN.





Thoughts to Consider

"Successful teams play hard, play smart, and play together."

Get coaching done prior to, not during the game.

- Practices should be designed with the objective of preparing a team physically, technically, and mentally for game competition.
- If you are having problems during games, go back and work on basic fundamentals and execution. Do not change or add new plays.
- Do your homework. Practices should be well organized and planned. Every drill must have value or purpose otherwise throw it out. Alternate physically tough and easy drills. Include individual work in each practice.
- Emphasis should be focused on execution and hustle. Insist on proper execution at all times. No nice tries!
- Physical habits do not change in a game. It is imperative to start building correct habits and techniques from the start.

Coach players not the system.

"It's not what you run, but how you run it that counts "

- Basketball is not a game of offenses and defenses but a game of effort and execution. Insist on a team effort at all times.
- KISS" = "Keep it simple stupid."
- Great teams are a result of the best players being the hardest workers. No one steps on the floor without full hustle attitude. Get rid of the non-workers.
- Come to play. Motor learning and timing requires practicing at game speed.

Use proper coaching and teaching methods.

"Practice makes perfect is only true if the proper mechanics are being employed."

- Be sure to teach when and why as well as how. There are certain fundamentals every player must master, and in addition each position also has specific fundamentals to learn.
- Whenever possible introduce and demonstrate one day, practice and correct on the next day, and then review (analyze) and reinforce as needed.
- Teach using quick mental pictures. Associate a technique with a name by using one syllable words if possible ("Ball", "Shot", "Down", etc.)
- Make precise corrections. Do not get caught up with lengthy explanations.
- Do not waste other players' time to correct one individual. On first time mistakes, stop action and make everyone aware of correction. On repeated mistakes, substitute or wait for break in action to correct.
- Do not waste time. If a drill is going poorly, stop it and go onto something else. Come back to it later or next practice.
- End all practices on high note or successful achievement (made pressure free throw, shooting contest, half court shot, etc.).





“The Definite Dozen”

To be an Eskomo basketball player, you have to be:

- * Responsible
- * Respectable
- * Loyal
- * Honest

To Perform at Esko you have to:

- * Work Hard
- * Play Smart
- * Put the Team Before Yourself
- * Have a Winning Attitude

To Be Successful at Esko you have to:

- * Be Coachable
- * Accept Your Role
- * Handle Success and Failure
- * Be a Competitor

ESKO BOY'S BASKETBALL

FOOD FOR THOUGHT



"A tough day at the office is even tougher when your OFFICE contains spectator seating."

- Nik Posa

"Kids don't care how much you know, until they know how much you care."

- Unknown

"If I was given eight hours to chop down a tree. I would spend seven hours sharpening my ax"

- Abraham Lincoln

"...It is not the critic that counts...The credit belongs to the man who is actually in the arena... who strives valiantly, who errs and often comes up short again and again...who, at the best, knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat..."

-President Theodore Roosevelt

"There are two pains in life, the pain of discipline, and the pain of regret. Take your choice"

- Unknown

"There are really only two plays; Romeo and Juliet, and put the darn ball in the basket."

- Abe Lemons

"Mental is to physical, as four is to one" It says the truth about the game!!

- Bob Knight

If we were supposed to talk more than we listen, we would have two mouths and one ear."

-Mark Twain

I do the best I know how, the very best I can; and I mean to keep on doing it to the end. If the end brings me out all right, what is said against me will not amount to anything. If the end brings me out all wrong, ten angels swearing I was right would make no difference"

-Abraham Lincoln

"Winning is overemphasized. The only time it is really important is in surgery and war."

-Al McGuire

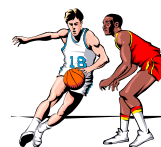
It's what you learn, after you know it all, that counts."

-John Wooden



ESKO BOY'S BASKETBALL

FROM THE DESK OF MIKE DEVNEY



Elementary coaches

Playing time policy:

- *No players will play up a higher grade or two at the expense of not playing kids from the higher grade.
- *Some teams will have to move players up but that should be for lack of participants at the higher level.
- *This rule will be enforced by myself and by the elementary basketball director, Todd Rengo.
- *We will require that all kids play in each game in the **Arrowhead League at their respective grade level.**

With the realization that equal playing time is impossible we will require that you provide an adequate amount of playing time to each player on your team to develop game skills. A two-quarter minimum of playing time for each player for all teams in our elementary program will be our goal. This will apply to arrowhead games only. Play the players who have played best in the 4th quarter. I do not want phone calls and emails from parents complaining that their son did not play.

Reasoning:

- 1) We do not want kids quitting basketball at a young age and/or being turned off to basketball when so many things can change from the time they are in our elementary basketball to our high school basketball program. Size, quickness, skill level can and do change dramatically from childhood to the teenage years.
- 2) Deciding who is and is not a potential player/athlete at an elementary school age is very premature to say the least.
- 3) We do not want parents to feel compelled to keep time charts and contact the athletic director and high school coaches for lack of playing time.
- 4) Great Northwest League games, Pacesetter tournaments, etc. will provide plenty of opportunity to play better players more minutes.
- 5) We need to make sure kids keep playing basketball into high school. The biggest jump mentally and physically is between the players' 10th and 11th grade year. To turn young kids off to basketball at a young age (6-12 years old) because of playing time is not something we want to do.

Thank you for all you do for Esko Basketball and I hope I can count on your support concerning this matter.

Sincerely,
Coach Devney

"Professional coaches measure success in rings. College coaches measure success in championships. High School coaches measure success in titles. Youth coaches measure success in smiles."

- Paul McAllister, Youth Coach



ESKO BASKETBALL

BUILDING THE MOTION OFFENSE

MIKE DEVNEY



Our philosophy is to make basketball fun for players at all levels. This offense has profound advantages over more common patterns or set play offenses. The most important advantage is the fact that we, “teach our players to play versus teaching them plays”. Players who understand cutting, screening, passing, post play and perimeter play as it relates to defensive pressure are plain and simple, more difficult to guard. Our opponents, in turn, have extreme difficulty in preparing for us because of the way our offense reacts to their defensive pressure. Creativity is an important skill for basketball players to have and will only be reached if coaches demonstrate patience and provide opportunity for his players to express creativity and imagination. We want all players to be able to face up to the basket, shoot behind the arc and be effective post players. Motion offense then lends itself to players improving all of their basketball skills. We believe that motion offense is a great step to making basketball a fun activity. Many concepts of the *dribble drive offense* fit perfectly in to *Indiana Motion offense* so the offensive fundamentals of the last couple of years will enhance the ***Esko Motion Offense***.

Cuts

- V cut
- L cut
- Basket cut
- Flare cut
- Curl cut
- Pop up

Screens

- Down screen
- Back screen
- Sideline screen
- Rear screen

Screener reads defense

- 1) if defense is playing the cutter even or lower, screener must set down screen with back to the ball. If defense is playing extremely tight cutter can make a curl cut to basket off of a down screen.
- 2) if defense is playing the cutter higher (on the line, up the line), screener must set a back screen with back to the basket.
- 3) if defense jumps to the middle of the lane (help position) the screener must set the screen in the lane with back to sideline.

Cutter reads screener

- 1) if screener's back is to ball, cutter cuts to ball or makes curl cut
- 2) if screener's back is to basket, cutter cuts to basket
- 3) if screener's back is to sideline, cutter makes flare cut to sideline

Passer must do one of the following:

- 1) make a basket cut
- 2) replace yourself
- 3) screen away- guard to guard, guard to forward
- 4) receive a screen from the post or perimeter player

Dribbling restrictions- always encourage no dribbling unless it is done with a purpose:

- 1) dribble to improve spacing
- 2) dribble to improve passing angle

- 3) dribble to basket to score or dish
- 4) dribble to the action
- 5) dribble to get ball off of baseline
- 6) dribble to avoid five second count

Points to emphasize during screening drills:

- 1) set correct screen based on defensive position
- 2) make correct cut based on screen that is set
- 3) 15'-18' spacing, get and stay wide
- 4) fill open perimeter spots
- 5) whenever in doubt, go set a screen
- 6) hold screens for two count
- 7) cutter should rub his shoulder off of screeners hip when coming off of screen
- 8) wait for screening action to happen before reversing ball

Shooting drills for motion offense:

- v cut and shot
- take defense lower and cut higher
- take defense higher and cut lower
- Backside down screen-pop ups and curls
- Ballside down screen-pop ups and curls
- Backside screens-fades, curls, ball cuts, back cuts
- Ballside back screens
- Shots off ball reversals
- Shots off break
- Shots off entries
- Shot fake and go, jab and go, jab and crossover

Part/ whole teaching of motion offense:

- 1) practice all cuts while receiving a pass
- 2) practice all cuts off of screen with no defense
- 3) practice all cuts off of screen with defensive pressure on cutter only
- 4) practice all cuts off of screen with defense on cutter and screener
- 5) 2 on 2 ball side with an open post
- 6) 3 on 3 with post defense on one side of floor only, coach is relief pass
- 7) 4 on 4 perimeter screening-use tape to designate reset spots
- 8) 2 on 2 post screening- hi-low screening-this is primarily to run motion 2 (3 out, 2 in)
- 9) 5 on 5- 4 perimeter players/1 post player or 3 perimeter players/2 post players
- 10) 3 on 3, 4 on 4, 5 on 5 with no dribble, or 10 passes before a shot
- 11) 5 on 5 with no defense-emphasize timing and flow
- 12) 4 on 4 with an open post-the post cannot shoot or screen

Rules For Motion Offense:

- 1) To get open
 - Set a screen away from the ball
 - Set a screen to the ball
 - Make a cut to basket and exit the opposite side of the floor
 - Cut away and replace yourself
- 2) To get a teammate open
 - Set a screen
 - Change the location of the ball
- 3) Hold screens for 2 full seconds then shape up for shot
- 4) Don't cut into an occupied post position
- 5) Perimeter players must start wide-at or beyond three point arch
- 6) Call the name and signal the teammate you want to screen for.

Rules without the ball:

- If you have an under-play (defense sagging off), pop out to spread the defense.
- If you have an overplay (being denied), take your defender higher and backcut.
- Someone dribbling at you, backcut (except for the weave plays).
- Fill the open spot when a teammate cuts inside.
- When someone dribble-penetrates, relocate.
- Screen away, and pop out and open up to the ball for a shot.
- The most important rule is to keep moving.

Players may dribble:

1. To attack the basket with a drive.
2. Improve or open the passing lane.
3. Penetrate gaps in a zone defense.
4. To get out of trouble and avoid the 5-second count.
5. To exchange positions with another player. For example, if you want the ball to go to the wing, and the defense is denying the pass, the point guard can simply dribble to the wing, and the wing player can exchange and go to the point.

Go Eskomos!!!

Why Motion?

- 1. Motion allows for creativity and imagination.** Keeps offense from being stagnant and boring.
- 2. Motion allows intelligence to be an asset.** Players with high basketball IQ excel in motion.
- 3. Motion incorporates and emphasizes solid fundamentals.** Triple threat skills are key.
- 4. Motion allows you to persevere over the opponent with patience.** Defenses break down quickly, especially in high school with no shot clock. Defenders tire quickly of being constantly screen.
- 5. Motion provides for excellent shot selection and increased FG %.**
- 6. Motion is totally unpredictable and each possession is unique.** The "Snowflake theory" states that no two possessions are ever alike.
- 7. Motion is impossible to scout because each possession is different.**
- 8. Motion wears opponents down defensively, leading to unproductive offense.** By making your opponent guard motion, they are less able to score on the other end.
- 9. Motion asks, "Who does not want to guard motion for 20-40 seconds a possession?"** The answer is everyone you play!
- 10. Motion allows you to win the mental war on the floor.** Winning the mental game is a characteristic of good team in all sports, at any level.
- 11. Motion is unique and challenging to teach, and will keep the coach sharp.** Coaches must continue to stretch themselves by learning new concepts and ways to play.
- 12. Motion makes you defense better everyday.** Since motion is the most difficult offense to defend, your team improves defensively each night out.
- 13. Motion creates increased free throw attempts.** Motion teams win from the line consistently.
- 14. Motion is like a lump of clay, you can mold it to fit your personality.** Flexibility to change as day to day situations occur with your team.
- 15. Motion can be run effectively against zones.** One team offense instead of 5 or 6.

Go Eskomos!!!

Visit this website.

<http://www.coachesclipboard.net/MotionOffense.html>

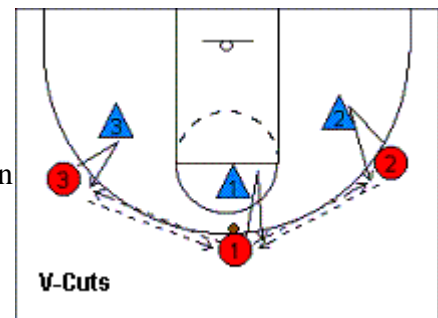
Basketball Drills - Motion Offense Drills

From the Coach's Clipboard Basketball Playbook, @ <http://www.coachesclipboard.net>

First read "Motion Offense". This article features some break down drills for teaching the 3-2 motion offense. These drills may involve only certain positions, and not the entire team. You may want to work with the perimeter players, while on the other end, your assistant works with the post players, or vice-versa. Many of these drills are applicable to any motion offense... 3out-2in, 4out-1in, 5out, etc. and help teach players how to "play the game". After running some of these drills, we like to go 4-on-4 or 5-on-5 half-court to reinforce things. We make our 4-on-4 and 5-on-5 drills competitive with losers doing push-ups. In all of these drills, we really stress that our perimeter players get into triple-threat position when receiving a pass on the outside.

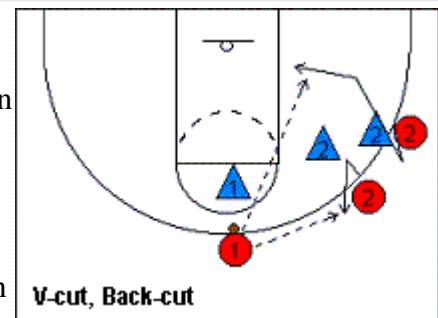
V-Cut Drill

Teach your perimeter players to V-cut, replace themselves, and receive the pass. Make sure they catch the ball in triple threat position. Use groups of three, and start with no defense, or token defense (no deny). The players reverse the ball around several times. Then you yell "Go!", and anything goes with the offense attempting a quick score, using a dribble move, a cut and pass, screen, back-cut, etc.



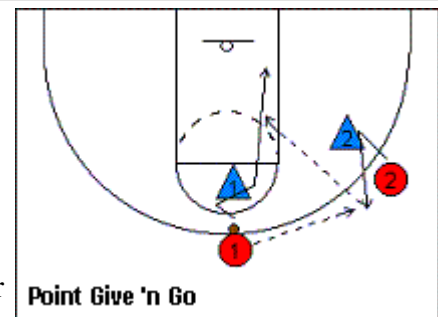
V-Cut, Back-Cut Drill

After teaching the V-cut, teach the back-cut, which is used when the defender over-plays, or denies, the pass. Have your X2 defender deny the pass, and teach O2 to recognize this situation and make the back-cut for the pass from O1. Initially, use token defense, and then go 2-on-2 with hard defense. The O2 offensive player must learn to read the defender, and learn when to v-cut, and when to back-cut.



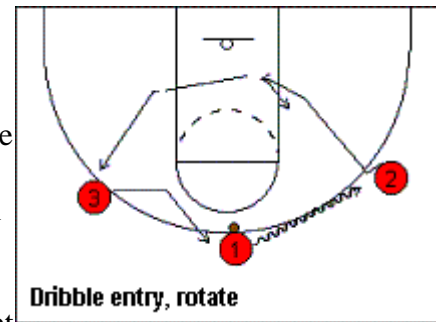
Point-Guard Give 'n Go Drill

Again, use the 2-on-2 setup. The X2 defender plays "soft" and allows the pass from O1 to O2. O1 fakes left, and makes the basket cut looking for the return pass from O2. Have the X1 defender play token defense at first. Then "go live". If the X1 defender over-plays the passing lane (because he knows the drill), then the point guard can fake the cut and pop back out for the pass and outside shot. If the X2 defender "cheats" toward the passing lane, then O2 can fake the pass, and dribble-penetrate to the hoop.



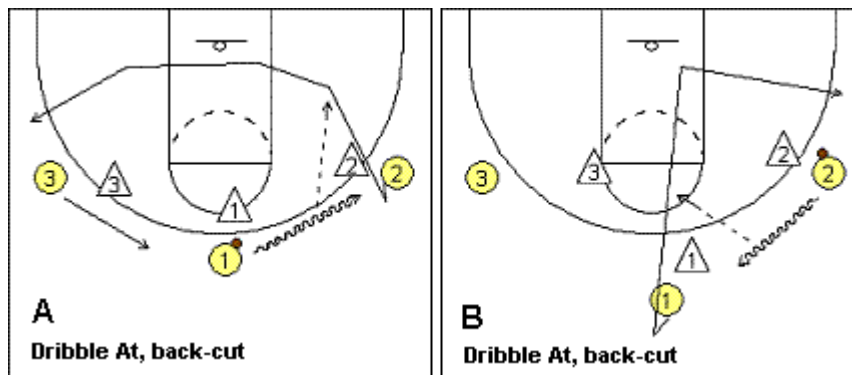
Dribble-Entry, Rotate Drill

Now teach that if O1 is not able to make the pass to the wing, he/she may simply dribble to the wing and replace the wing. The wing player must recognize this, and then back-cut to the hoop. He/she may cut all the way through to the opposite wing, or can button-hook at the low block and post-up the defender down low. The opposite wing replaces O1 at the point. Rotate around several times (go left also) and then yell "Go!", and finish the set with a pass to a cutter for the lay-up or shot.



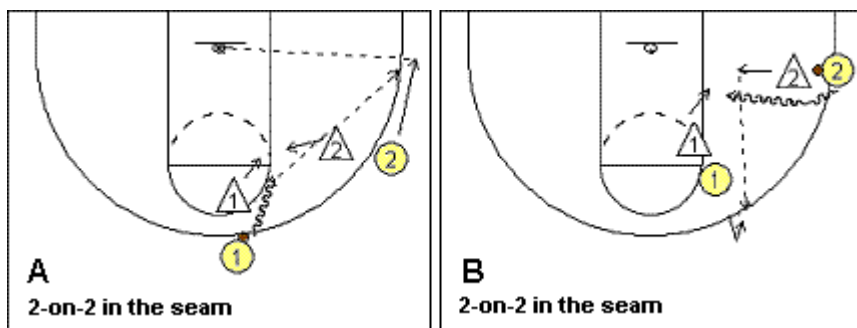
Dribble-At, Back-cut Drill

We have a rule for perimeter players that whenever a teammate is dribbling at you, you must back-cut out of the area. This drill works on this concept. The first part of this drill is similar to the dribble-entry drill above. O1 dribbles at either wing. The wing back-cuts out to the opposite wing. If open, 1 can make the pass to the cutter. Otherwise O1 can pass back out on top to O3 and O3 can then dribble to either wing and continue the drill. In diagram B, we have the wing player dribble toward the top, and here O1 fakes a cut outside and then quickly back-cuts. O1 either receives the pass on the back-cut and scores, or moves back out to the vacated wing spot.



2-on-2 take the Seam

We want our guards to be aggressive and attack the seams between the defenders, and learn when to "go" and when to kick the pass back outside. We start with the ball on the top and O1 tries to attack the seam between the two defenders. Meanwhile, when O2's defender drops to give help against the dribble-penetration, O2 should slide toward the corner. O1 has the option of going in for the lay-up, or kicking the pass out to O2 in the corner. If O2 gets the ball in the corner, he/she has the options of (1) shooting the 3-point shot, (2) a shot-fake and one-dribble jump shot, or (3) attacking the seam for a lay-up. When attacking the seam, O1 should already have sprinted back out to the top, and may receive the pass from O2 if the defenders hedge and stop the drive. Now O1 has the same three options. In this drill, we don't allow the offense to attack the baseline or attack outside the seam. Notice that this is also a good defensive drill for learning to give help and recover against dribble-penetration. We run this drill on both sides of the court so that our point guards get proficient at attacking either the right or the left seam.

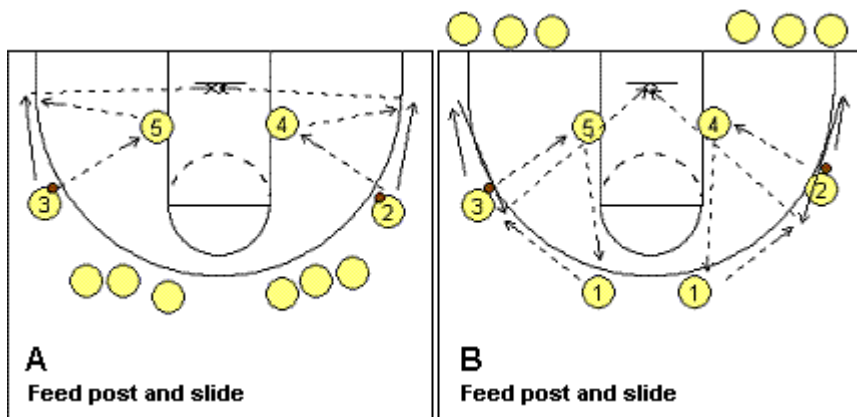


Feed the Post and Slide Drill

We don't want our perimeter players just standing still. When our wing players (O2 and O3) feed the low post, we want them to slide to the corner. Oftentimes, the wing defender will momentarily drop down toward the post or turns his/her head and for a moment loses sight of our wing. We have the wing slide to the corner as this is an easy pass back out of the post and is often open for the 3-point shot from the corner. Similarly, if the ball is passed from the low post back out to the point, then our wing must slide back up.

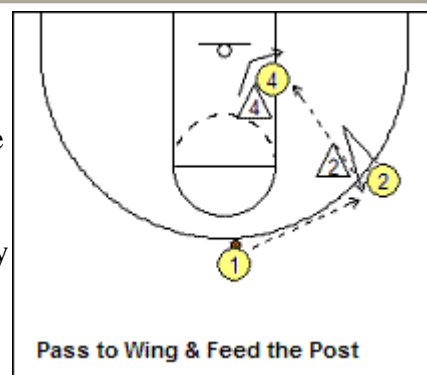
In drill A, we have our wings get in triple-threat, curl bounce pass to the low post, and then slide to the corner. Our post passes back out to the corner and the wing shoots the 3-pointer from the corner, gets the rebound and goes to the opposite side. We run this drill on both sides.

In drill B, the wing again curl-bounce passes into the post and slides to the corner. Now the ball is passed back out on top to O1 and the wing slides back up, gets the pass from O1 and shoots the 3-pointer, rebounds and goes to the opposite line. Also see [Feed the Low Post Drills](#).



Pass to Wing, Feed the Post Drill

Again, use the 2-on-2 setup with a post and wing offense and defense. O1 has the ball and passes to O2, and O2 will make the bounce-pass into the post. We run this drill "live" so O2 must make a V-cut and get open for the pass from O1. O4 must post up inside while the defense tries to deny the pass inside. O2 may have to make a one-dribble adjustment to one side or the other to open a passing lane. But first we want O2 to catch ball in triple-threat position and look into the post before putting the

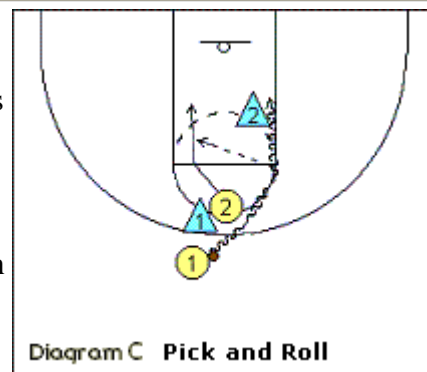


ball on the floor. We want O4 to post up aggressively and call for the ball. O4 makes a post move and finishes strong. This is also a good chance to work on boxing-out and rebounding... finish the drill! Rotate players after two possessions.

On-Ball Screen and Roll Drill

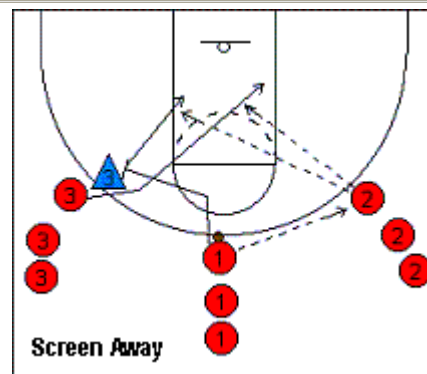
Again, use the 2-on-2 setup. O1 has the ball. O2 comes from his wing and sets a screen for O1. O1 dribbles around the screen to the hoop. O2 seals the X1 defender and rolls to the hoop. For correct screening techniques see "[Setting Screens](#)".

Also reverse the rolls. Have O1 pass to O2 on the wing and then follow his pass and screen for O2. O2 goes around the screen and takes it to the hoop, while O1 seals and rolls to the hoop after the screen.



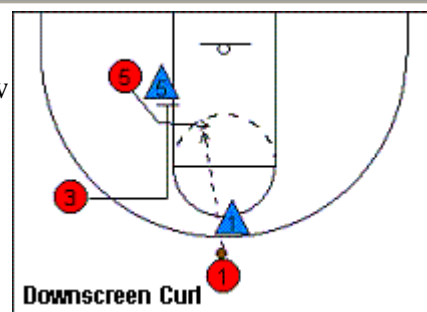
Screen Away Drill

Teach all your players correct screening techniques with this drill. Use three lines. O1 passes to O2, and "screens away" for O3 on the opposite wing (use a coach or manager as a token defender). O3 rubs off the screen and cuts to the hoop. Make sure that O3 waits for the screen to arrive, and that O1 sets the correct angle on the screen. Also, make sure that O1 seals the defender, and then rolls to the hoop after O3 cuts around the screen. O2 can pass to either cutter. Although not shown in the diagram, have O2 make a v-cut to receive the ball... again reinforcing that there is no standing still to receive a pass.



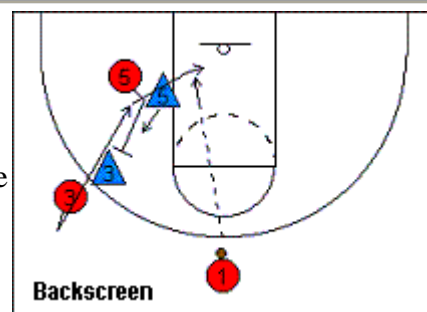
Down-screen Curl Drill

Teach your wings how to down-screen for the low post. The low post player curls around the screen for the pass and jump shot. Work both sides of the floor. Start with the #5 defender playing token defense, and progress to hard defense.



Back-screen Drill

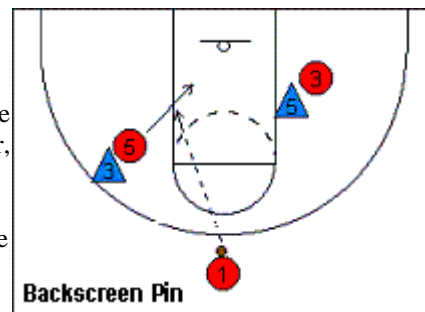
Teach the low post players how to correctly back-screen for the wing. The wing behind the screen for the pass from O1. Show token defense at first, and have the X5 defender let O3 cut to the hoop for the pass and lay-up.



Back-Screen Pin

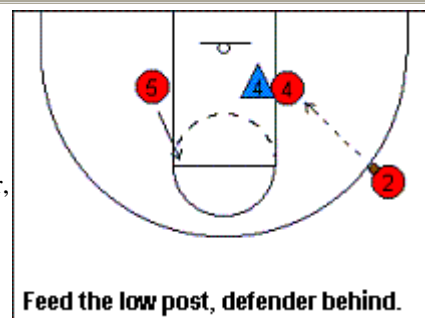
In this case, have the X5 defender switch on the back-screen and pick up the cutter O3. O3 recognizes that he/she is covered and moves out to the opposite short corner (for spacing). Meanwhile, O5 who has screened the X3 defender, also "pins" the defender thereby gaining inside position. O5 rolls to the hoop for the pass and lay-up. Again, start with token defense.

Then progress to hard defense allowing the defense to either fight through the screen, or switch. In either case, the offense must learn to read the defense... if the switch is made, use the back-screen pin.



Feed the Low Post, Defender Behind Drill

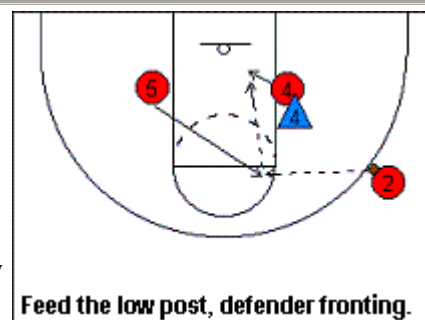
Teach the wing players to try to make the pass to the low post when the defender is playing behind. You can also place a defender on the wing player, so the wing has to "step-around" to make the pass. O4 must get wide with arms out to receive the pass. Once the pass is made, the opposite post should move to the high post, to allow spacing for O4 to make the post move on the defender.



Defender Fronting the Low Post Drill

Have your low post dead-fronted. Teach O5 to recognize this situation, and then flash to the ball-side high post position to receive the pass from O2. O4 should "pin", or seal, the defender and get inside position for the pass from O5. Have all your post players take turns, to learn to recognize this situation.

The other option to be practiced here is having O4 pin the defender and "step-off" toward the hoop for the high lob pass from O2 to O4. This is a key part of our "High-2" play.



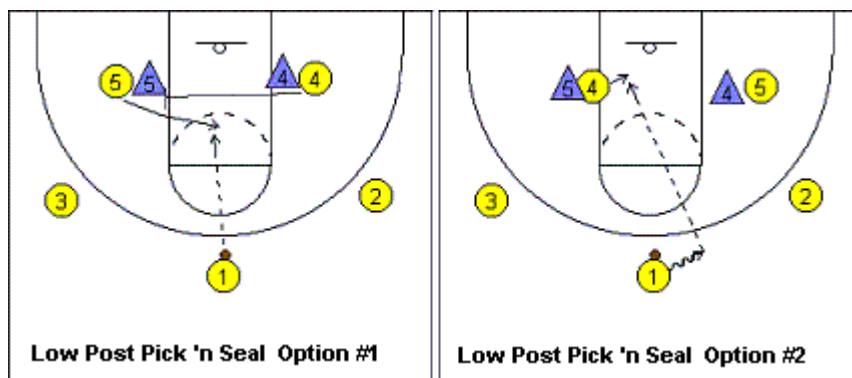
Posts 2-on-2 Drill

Now use three perimeter players to rotate the ball (you can have them v-cut as in drill #1 above). The two offensive post players learn to work together, reading the defense as learned above, and work on screening for each other also. When they receive the ball in the low post, let them make a post move on their defender. Use token defense at first, and progress to hard defense.



Post Players...

Your post players must learn how to screen for each other, and how to "pin" the defender after the screen, for inside position. This is very important for getting easy, inside baskets. See the diagram below. If the ball-side post player cannot get open for the pass, he can screen away for the opposite post player, who comes to the ball. If he does not receive the pass, or if the defense switches on the screen, he can move out to the short corner (for spacing). Now the other post player should have inside position if he correctly pinned his defender when setting the screen. Incorporate these concepts in the "Posts 2-on-2 Drill" above.



Be innovative! Create your own drills to help teach the "motion offense". Rather than a lot of set plays, teach your players how to fake and cut, screen, pass, go backdoor, feed both the low and high posts, etc.

Scrimmage type drills

Go either 4-on-4 or 5-on-5 and make losers do push-ups. Make sure perimeter players are getting into triple-threat. They should execute the cuts and screens outlined above. You can set some rules. For example, one time, tell them that no-one is allowed to shoot until at least two screens have been made... you count them out loud from the sideline. Another time, they are not allowed to shoot until the ball has gotten into the low post at least once, and then into the high post another time. Another time, the rule is no dribbling... only passing. The only dribble permitted is a one or two bounce dribble inside for the lay-up. Any "unnecessary" dribbling on the perimeter, and the other 5 is awarded the ball.

This is fun for your players. Keep score, alternate possessions, and make both teams play under the same offensive rules that you impose. The players will enjoy this and instead of learning set plays, they will start learning basic motion offense and how to "play the game"

BY JEFF WALKER | AVALANCHE-JOURNAL

One of Bob Knight's biggest influences on the game of basketball has been the motion offense.

What most people don't know, however, is that Knight didn't develop the offense until after he left West Point.

The Cadets ran an offense Knight called, "reverse action."

"It was an offense that involved reversing the ball from one side of the floor to the other and screening along with it,"

Knight said. "It was basically a West Coast offense and Pete Newell used it exclusively during his coaching career."

Knight said the offense was designed with the focus on forward and a center, but he instilled more cutting with the offense, which helped transition to the motion offense that he runs today.

The motion offense came to fruition after Knight spent years watching Princeton run its offense while he was at West Point. Princeton's offense was generated based on where the guard made his first pass. If the guard passed the ball to a forward, a certain action took place. If the guard passed to the other guard, a different action took place, etc.

After learning about the Princeton offense, Knight went to the Olympic Trials in 1972 - following his first season at Indiana - to learn more about the passing game.

After gathering as much information as he could, Knight and Newell sat in Newell's living room and developed the motion offense.

"That summer, I put up a 3-2 offense and I said, 'OK, what can be done with three out and two in,'" Knight said. "I made up 74 diagrams on different things that could be done and I remember, we had them spread out all over Pete Newell's living room."

With the diagrams complete, Knight developed a set of rules.

"The first rule was spacing," Knight said. "The width of the floor has to be covered and I want everybody to be 15 to 18 feet away from the next guy."

Knight turned the rules into a booklet that involved passing, cutting and screening.

He named the offense because it involved constant movement.

"There are seven things you can do after you pass the ball," Knight said. "I can go behind and get it back. I can go screen. I can make an inside cut. I can cut to the basket. I can screen away. I can start away and replace myself. I can just stand right there."

Knight's philosophy of the motion offense takes away some options, including standing around, going and getting the ball back or screening for the man with the ball.

Knight continues to develop the offense, instituting different cuts over the years or putting his players in different scenarios. Often during practice, Knight will instruct his players to a certain spot on the floor and give them options of what to do based on how the defense might react.

The offense is designed to react according to the defense.

"I never liked set plays," Knight said.

Throughout Knight's career, rules have changed, including adding the three-point line.

Knight has always been against the 3-point field goal, but the line helps his offense.

"One of the things that has made (spacing) easier has been the three-point line," Knight said. "You just go right back out to the three-point line (after a cut). If we're spread out along the three-point line with four guys than we have good spacing."

Knight's offense also revolves around a two-count. Players in the post are expected to try and post in the paint for two seconds and if they don't receive the ball they go set a screen. Players with the ball are expected to hold the ball for two seconds to see where they are going to take it. Screens are supposed to be held for two seconds, as well.

"Everything is a count of two," Knight said.

"Then, people starting putting in switching, so we put in a slip screen - you go to set a screen and you slip to the bucket."

With so many rules and concepts, one might think a playbook is large for a player that commits to Knight.

"We don't give them anything in a book. It's a blank book," Knight said. "They are expected to add to it as the year progresses. We talk about our rules and they're expected to write something in it every day."

The motion offense was designed to play against a man-to-man defense.

"We use the dribble more against the zone defense than we do against the man-to-man," Knight said.

Some of the concepts of the offense, though, can be used against a zone just as it is against a man-to-man.

"Yeah, it's reading the defense," Knight said. "The things we're trying to do with our cutters is set up a cut and as you're setting it up you're reading the defense. ... It's reading, both for the cutter and the screener."

With the emphasis of the offense on thinking, Knight said his unique style impacts the type of recruit he might try to sign.

"The better our players understand the game, the better they're going to be," Knight said.

PRACTICE TIME

Teaching Motion Offense to Your Team
By Duke University Head Coach Mike K

This article describes the philosophies behind my Motion Offense, as well as drills and examples designed to help you, the coach, perfect this offense. Because of space requirements, this article will contain the only the basics of my philosophies and drills.

DUKE'S MOTION OFFENSE FOR ATTACKING BOTH MAN AND ZONE DEFENSES

Duke's basic philosophy is to play a Motion Offense. In Motion, five players move with a purpose to create both offensive situations that are difficult to defend and the best possible shot opportunities. There are several reasons for using this style of offense.

DIFFICULTY TO DEFEND: My basic offensive philosophy is that the hardest offensive player to defend is the one who is moving. Furthermore, the most difficult offensive maneuver to defend is the screen. Consequently, our offense involves five players constantly moving and screening for each other. This style is contrary to most pattern offenses that do not have all five players in motion at any one time.

FLEXIBILITY: In my Motion Offense, you can use different combinations of players without regard to traditional positions. For example, guards and forwards, number one man and number three man are all interchangeable. In addition, you can use the best type of offensive alignment and movement to take advantage of the specific group of players you have in the game at any one time. Motion offense gives you the opportunity to use you personnel most effectively at any time during the game.

ADAPTABILITY: The problem with most pattern offenses is that the offense must react to the defenses presented by the opponent. Motion Offense rectifies this situation by giving the offense the power to attack all types of defense; consequently, the defense must react to your offense, not vice-versa.

ENJOYABLE: Most players truly enjoy playing in a Motion Offense. They enjoy the freedom of movement, love the scoring opportunities it presents, and don't feel restricted by the offense. As a coach, you are not teaching the same movements over and over; therefore, the offense is more enjoyable for the coaches to teach.

PLAYER DEVELOPMENT: The Motion Offense maximizes the abilities of each of our players. Because the offense puts the player in a positive state of mind, it allows the player to use his talents more effectively. Motion also allows the player to constantly improve, for he can use the principles he has learned under all playing situations.

DIFFICULTY TO SCOUT: Because most offenses are based on a repeated pattern, they tend to be very easy to scout, giving the opponent an added advantage. In Motion Offense, there is no predetermined movement; therefore, the opposition has a difficult time diagramming its tendencies.

In addition to the Offense's basic philosophies, certain essential components are necessary for a successful Motion Offense.

ESSENTIAL COMPONENTS OF THE MOTION OFFENSE

PASSING: Good passing helps avoid turnovers and puts your team in the best possible scoring positions. Most of our passing drills establish the mindset of passing away from the defense instead of passing to the offense. Moreover, the passer must not only get the ball to the recipient but also put the recipient in the best possible position to shoot the ball and score.

MOVEMENT: The key to successful movement is to move in concert with the rest of your teammates to insure the key concept of our offense, FLOOR BALANCE. Proper spacing is essential for a good offense. An offensive player standing still allows his defender to play off his man to give help to his teammates.

SCREENING: Each player must help his teammates get a better shot opportunity. The screen is the most effective way of establishing better shot opportunities. However, the passer must look for both the person being screened and the screener as potential scoring threats.

SHOT DISCIPLINE: Despite its reputation, Motion Offense is not an equal shot opportunity offense. You, as coach, must establish what type of shot each player is expected to take.

CONCENTRATION: In pattern offenses, the system does all of the thinking. In our offense, we will be only as good as our concentration.

ROLE IDENTIFICATION: As I mentioned before, each player must understand the role designated for him on the team.

COMMUNICATION: Communication is key to our offense. In order to establish proper floor balance and establish the best shot opportunities, players must be in constant communication. For example, we demand that the screener call out the name of the player he is screening. This keeps both players alert, encourages good screens, and helps keep the floor balanced.

SAMPLE TEACHING PLANS FOR MOTION OFFENSE

Below, I have listed our teaching plans for the first day of practicing the Motion Offense. These plans come from our own practice sessions.

TIME ACTIVITY

- 5 minutes Perimeter - 2 ball shooting (V Cuts)
(2 baskets - 3 men at each)
 - 5 minutes Post - Post Shooting (use of screens)
(2 baskets - 3 men at each)
 - 5 minutes 5 on 0 - (2 baskets - have men move and keep balance)
 - 5 minutes Perimeter - 2 on 0 (1 basket)
Post - 2 on 0 (1 basket)
 - 5 minutes Perimeter - 2 on 2 (1 basket)
Post - 2 on 2 (1 basket)
 - 5 minutes Post/Perimeter - 2 on 0 (2 baskets - stress downscreen and backpick)
 - 5 minutes Post/Perimeter - 2 on 2 (2 baskets - stress downscreen and backpick)
 - 5 minutes 2 baskets - Passing drills
 - 10 minutes 4 on 4 - video tape
- just play together
-stress concepts to avoid congestion and to slow things down

THE 3 OUT - 2 IN MOTION OFFENSE

Positioning Rules

The Post Men:

You have 2 posts in this offense. They may locate in 7 different spots: low post(s), mid post(s), elbow(s), and middle of free throw line. When the offense begins both posts go down low and post up.

The Perimeter Players:

You have 3 perimeter players. The 5 spots they can locate at are: the point, the wing(s), and the corner(s). When the offense begins the ball is in the point's hands and the other two players are usually in the wing areas. Perimeter players should try to

stay about 12 feet apart. If you are more than 12 feet apart - the ball is in the air longer and the chance for a deflection increases. If you are closer than 12 feet you allow a defender to defend the pass and still be in position to stop the drive. LEARN PROPER SPACING.

GENERAL RULES

When you make a pass you must move - it is easy to guard someone standing still.

Only dribble for the following reasons: (1) to make an immediate drive to the basket. (2) to improve your angle of pass to your teammate. (3) prevent a 5-second count violation. It is very important that your players understand what the 5 second count is - STUDY THIS RULE AND TEACH IT.

POST RULES

Both posts should immediately go to the low post area on each side of the lane and post up. You want the ball in the low post - thus it is very important you teach your players how to post up. When the ball is passed from point to wing, this is when the posts begin to work together with rules. The weakside post will key on how his offensive post partner is defended. If the post on ballside is fronted the weakside post will flash ballside elbow. If he receives a pass we look for the low post pin and a high low play. If no high low pass then high post slides down and players have just switched spots. If the ballside post has the defense playing behind him - the weakside post breaks straight up the lane to the weakside elbow. We want the ball passed into the low post every time in this situation. Note if the weakside post defender doubles down then the weakside post player needs to get a pass out from the low post for the elbow jumper. If the defense plays the ballside low post with a 3/4 defense then the ballside post will come and screen for the weakside post. If the defense switches on this play - the screener always steps back to the ball. A teaching point we always teach to prevent turnovers - low post player has his hand up yelling for the ball. When player is going to vacate the post (screen away), we drop our hand a one second count before we turn and go. This prevents turnovers when you pass and the player has vacated the post and the ball hits him in the back of the head. The post player always has the freedom to break up to the high post when he sees the point to wing pass having trouble being made. This movement opens up the backdoor cut for the wing player.

PERIMETER RULES

The perimeter players have 5 spots to locate in. They can do the following after passing the ball: (1) pass and cut to the basket and relocate to an open perimeter spot. (2) pass and screen a partner perimeter player away from the ball. (3) pass and "v" cut and replace yourself. (4) pass and slide - this is cutting to an open spot away from the ball. (5) any time a pass is made to a post player - the perimeter player who made the pass to the post will go pick for the closest perimeter player to him. The pick should be at least 10 feet from the post player - make sure this pick is not closer than 10 feet or perimeter defenders may double down on the post.

TEACHING METHODS

We separate the post players and the perimeter players when introducing this offense. Post players learn to work together and read the defense. The coach can create 2 on 2 situations while he holds the ball out on the wing. The perimeter players learn their rules by going 3 on 3 against each other. The key will be spacing and moving - players tend to want to stop and watch and not move. When the basic rules are learned we create the following teaching progressions for this offense: (1) 5 on 2 with defense only on the posts - posts can only score. (2) 5 on 3 with defense only on the perimeter - perimeter can only score. (4) 5 on 4 with coach dictating what player has no defense on him - player with no defender is not allowed to score. (5) finally we get to 5 on 5. The coach can dictate different situations such as: (1) certain number of passes must be made. (2) specify which player can only score (only the offense knows who the player is). (3) no dribbles may be allowed.

In summary, this is a great offense. It allows you the freedom to keep your post players near the basket and gives your perimeter players the ball where they are most effective to operate. I find that your defense improves because this offense makes your defense work so much harder. Try mixing in some set plays within this offense and your man to man offense will be set.

The main goal of the offense is to get a shot you can make, a good shot, every time you have the ball. The quality of your passing determines the quality of your shots. Bad passing is a limitation on the number of things you can do."

-Pete Carril-

"There is no credibility to the cuts unless the player executed it with authenticity, i.e., believes he might receive the ball and therefore runs to get open, or to set something up for a teammate."

-Pete Carril-

"Shot selection - I'll stop practice and ask how many of you liked that shot?"

-Roy Williams-

“Against man to man, you determine WHERE the defense plays...against zone you determine WHO the defense guards.”
-Coach Knight-

Motion players must concentrate. There is nothing more important than concentration if you run motion.”
-Bob Boyd-

"We run motion against all types of defense. This allows our squad to have a better chance of maintaining an attack state of mind. We always want our opponent to react to us. The flexibility of Motion Offense also makes it adaptable to all tempos of play."

-- **Coach Mike Krzyzewski**

My thoughts on motion offense:

Good basketball motion offense depends on players who learn to move when they don't have the ball.

Tell players that the ball will find them when they work with a purpose away from the ball.

With motion offense you are teaching kids to play versus teaching them a bunch of plays.

Two approaches to teaching /coaching the game of basketball; 1) Simplicity and execution versus 2) Surprise and change. I tried *surprise and change* for one year and it was a failure.

Motion offense and pressure man defense are on the simplicity and execution side.

Kids like it more than running patterns and set plays.

It is more fun to coach and very hard for your opponents to defend.

Players like the idea that every offensive possession is different.

If we can teach it at the lower levels and stick with it (yes, you may suffer a bit) we can make sure we develop the fundamentals early and work on the finer points of the game at the varsity level.

Thanks

Coach Mike Devney