

# VCU BASKETBALL



# OVERVIEW

- **FULL COURT PRESS / BUILD UP DRILLS**
- **HALF COURT DEFENSIVE DRILLS**
- **BOB PLAYS VS. MAN / ZONE**
- **ZONE O CONCEPT / QUICK HITTERS**
- **LATE GAME SITUATIONS**

VCU BASKETBALL



# **WHAT ARE WE TRYING TO GET OUT OF THE PRESS**

- **TURNOVERS (LIVE BALL)**
- **QUICK / BAD SHOTS**
- **CREATE OFFENSIVE OPPORTUNITIES**
- **FORCE TEMPO / DISRUPT OFFENSIVE FLOW**
- **DIFFICULT TO PREPARE FOR**
- **MAKE OPPOSING PLAYERS DO THINGS THEY AREN'T COMFORTABLE DOING**
- **CREATE FATIGUE (CUMULATIVE EFFECT)**
  - **WHO GETS TIRED 1<sup>ST</sup>? / WHO RECOVERS QUICKEST?**
- **MAKE DEPTH A FACTOR (WHO'S 6-10 IS BETTER?)**
- **EXCITING STYLE OF PLAY (PLAYERS / FANS)**
- **IDENTITY / BRAND**



# WHAT SHOULD YOU EMPHASIZE AS A PRESSING TEAM?

- **ENERGY (5 GUYS FLYING AROUND)**
  - “FOULING NEGATES HUSTLE”
- **COMMUNICATION**
  - “TALKING MAKES YOU QUICKER”
- **GETTING INTO THE PRESS QUICKLY**
- **DEFLECTIONS**
- **TRAPPING FUNDAMENTALS**
  - **WHEN TO TRAP? (GOOD TRAP VS. BAD TRAP)**
    - BALLHANDLER’S LEVEL OF CONTROL
    - ELEMENT OF SURPRISE
    - LOCATION ON THE COURT
  - **WHO TO TRAP?**
    - “ONE MAN TRAP”
  - **HOW TO TRAP?**
    - “ELASTICITY”
  - **OFF THE BALL**
    - “THINK LIKE A TRAPPER”



# **WHAT SHOULD YOU EMPHASIZE AS A PRESSING TEAM?**

- **TAKING AWAY THE OBVIOUS PASS**
- **PRESSURING THE BALL (ESP MTOM)**
- **STUNTING**
- **BACK PRESSURE**
- **OUTNUMBERED SITUATIONS**
  - **2 vs. 1**
- **“FIX IT” SITUATIONS**
- **DEFENDING MULTIPLE POSITIONS**
  - **FRONT OF PRESS**
  - **BACK OF PRESS**



# **DIAMOND PRESS**

- **MADMAN = ON BALL, BEAT PASSER TO THE BALL, BE ACTIVE, ANGLE YOURSELF WITH THE BACKBOARD**
- **3 MAN = 1<sup>ST</sup> PLAYER TO LEFT OF 4, INSIDE SHOULDER / EVEN – DON'T DENY THE BALL INBOUNDS, NO SIDELINE**
- **2 MAN = 1<sup>ST</sup> PLAYER TO RIGHT OF 4, FT LINE TO CLOSE DOWN (NO SIDELINE), INTERCEPTOR HIGH**
- **1 MAN = GET BACK, MATCH UP WITH NEXT GUY OVER TOP ON THE BALL SIDE, INTERCEPTOR SIDELINE**
- **5 MAN = DEEP AS THE DEEPEST TO 1/2 COURT, 2 ON 1 GUY, PROTECT THE RIM – NOTHING EASY**



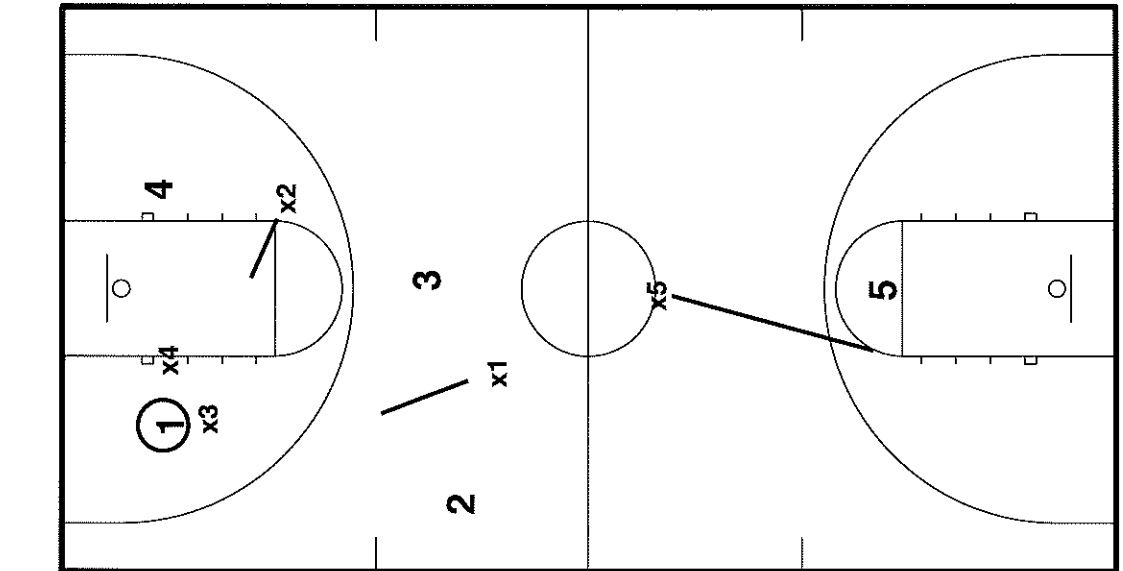
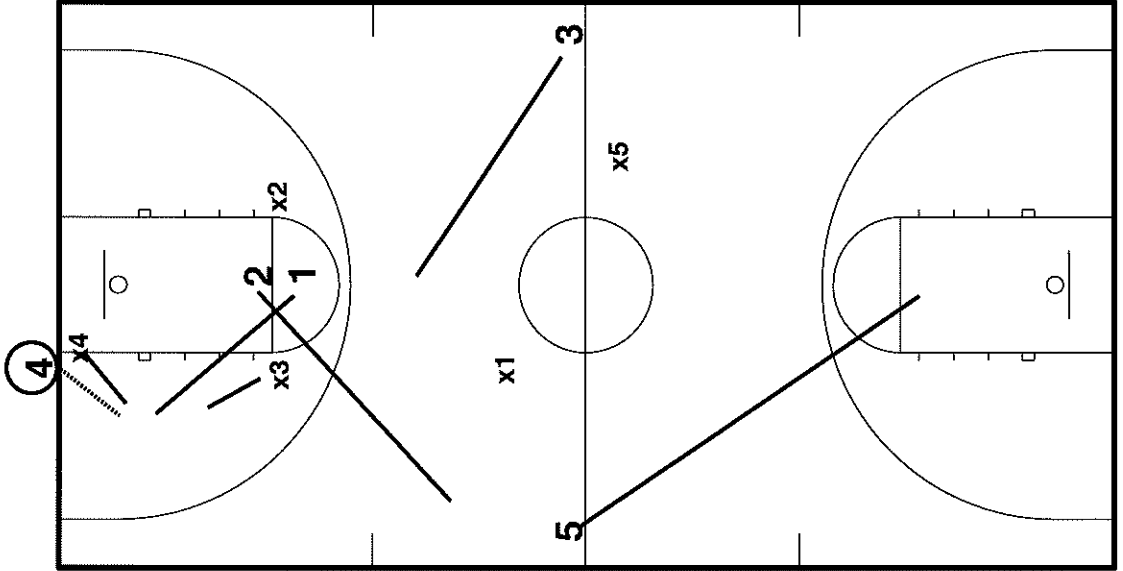
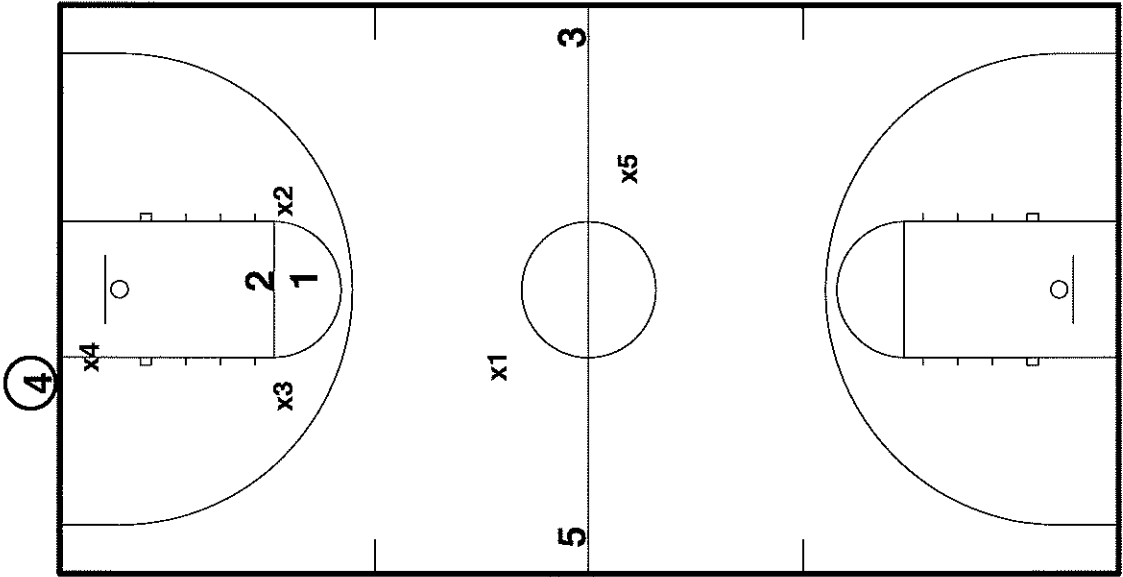
**VCU BASKETBALL**

# DIAMOND TEACHING POINTS

- CANNOT GET BEAT SIDELINE
- CONTROL THE DRIBBLE / CORRAL
- ACTIVE TRAPS AND ROTATIONS – DEFLECT PASS BACK TO 4 MAN
- COMMUNICATE = 2/3, 4/5 CAN SWITCH BASED OF OFFENSIVE POSITIONING
- THROWBACK TO 4 = STUNT AND RETREAT, GET READY TO COME AGAIN
- STAY IN IT UNTIL A DEEP, PENETRATING PASS
  - BACK TIPS, BACK PRESSURE, WEAKSIDE SPRINT TO RIM
- TALK, MATCH UP, FIX IT



# VCU DIAMOND PRESS



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# DOUBLE FIST

- **MATCH UP AND COMMUNICATE IMMEDIATELY – 4/5, 2/3, 1**
- **MAD MAN INFLUENCE TO BALL SIDE**
- **INSIDE SHOULDER / ARRIVE ON THE CATCH**
- **1/3<sup>RD</sup> THE DISTANCE = STUNT**
- **FORCE IN THE ALLY / STUNT – SHRINK THE FLOOR**
- **3 STRIDE RULE – TRAP THE TURN AND UP**
- **CLEAROUT = FA AT TOP OF THE KEY = TRAP TURN / CORRAL DRIBBLE**

**VCU BASKETBALL**



VCU

DoubleFist  
Press

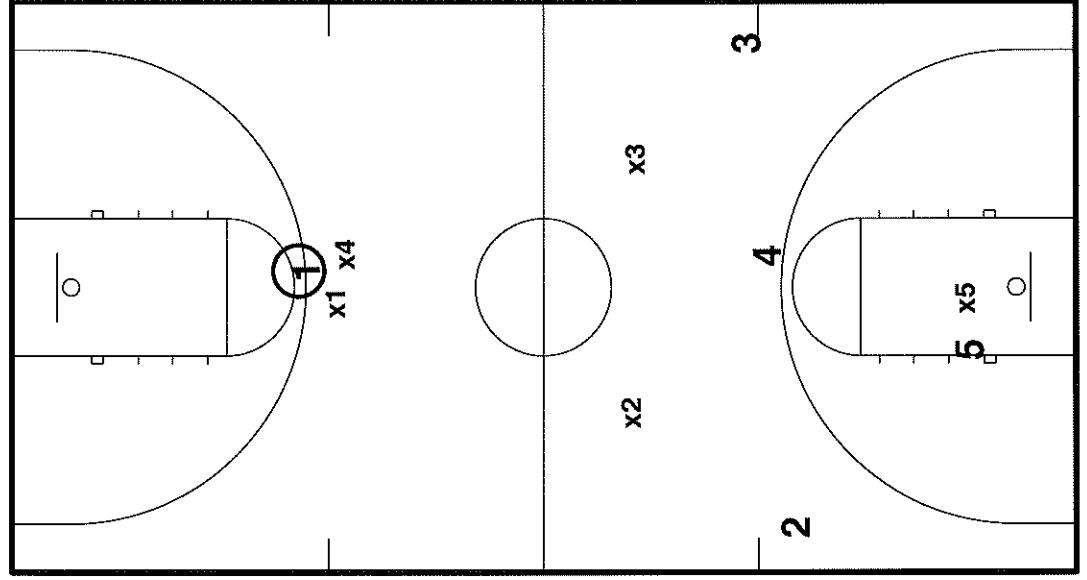
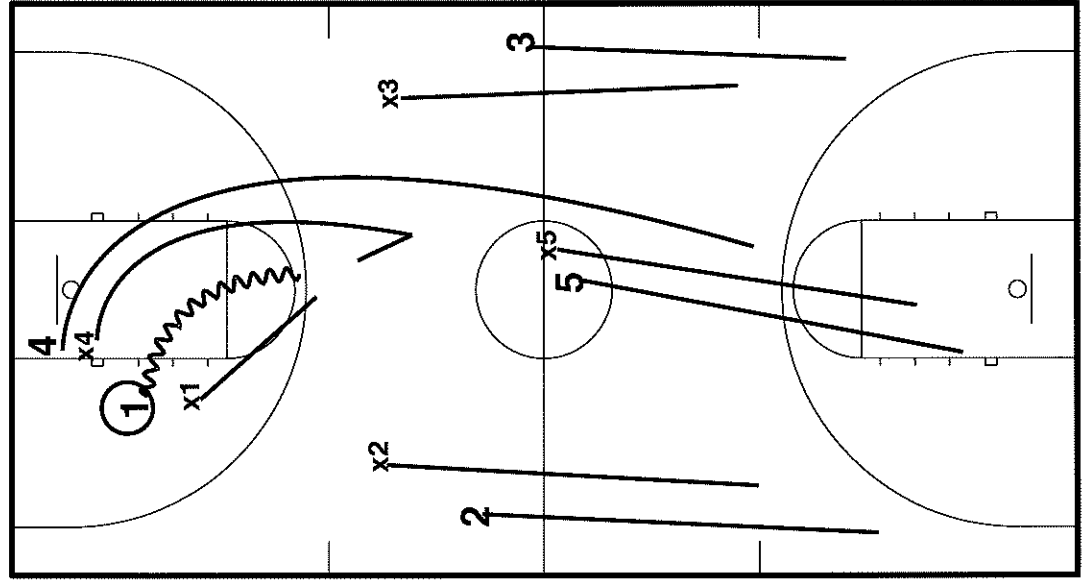
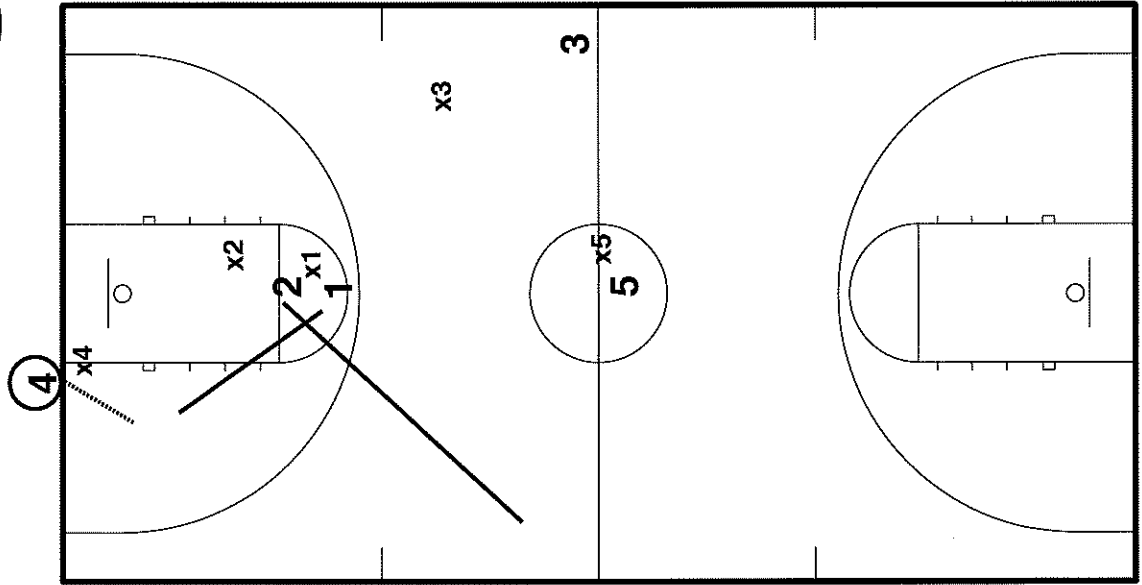
VCU

DoubleFist  
Press

VCU

DoubleFist  
Press

# DOUBLE FIST



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# TRAPPING

- **NO SPLITS / NO FOULS**
- **BE PHYSICAL WITH YOUR LOWER BODY**
- **OBVIOUS PASS = EYES AND SHOULDERS / BE ELASTIC**
- **PENETRATING PASS = 1<sup>ST</sup> 3 STEPS, SPRINT BACK AND FIX IT**



# **SIDE DIAMOND**

- **TURN DIAMOND ON THE SIDELINE**
- **1 TRAP AND SPRINT OUT**
  - **MIDLINE AND BACK OR SHORT PASS UP COURT**
- **KEEP THE BALL OUT OF THE MIDDLE**
- **CLOSER TO FRONT COURT = PROTECT THE MIDDLE EVEN MORE**

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# SIDE DIAMOND

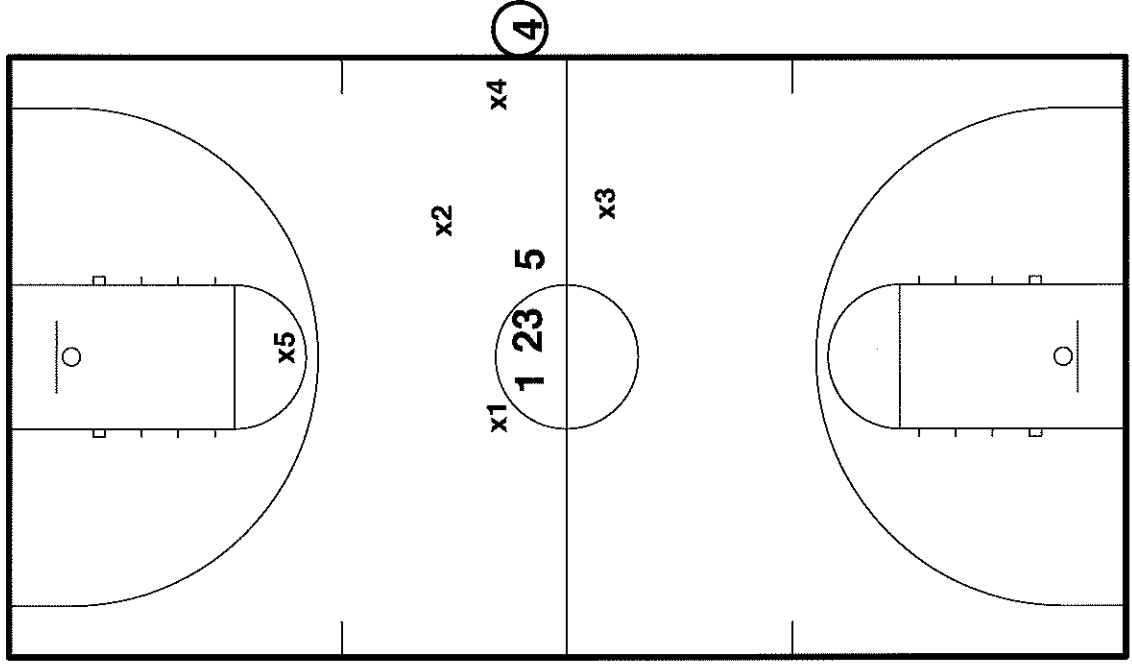
- **MADMAN = ON BALL, ANGLE MORE AS YOU ARE IN THE BACKCOURT, TRAP 1<sup>ST</sup> PASS IF WITHIN 3 STRIDES**
- **2 MAN = BACKCOURT GUY, FACE BALL, TAKE AWAY THE INBOUNDER**
- **3 MAN = FRONT COURT, FACE BALL, MAKE SURE NO ONE IS BEHIND HIM**
- **1 MAN = ROVER, FREE SAFETY WHO FACES DOWN THE BALL, MATCH UP DEEP AS DEEPEST IF BEHIND HIM**
- **5 MAN = ENFORCER, COVERS THE BASKET, COMES UP WITH BACK GUY IF HE FLASHES**



# SIDE DIAMOND

VCU

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ass



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# **PRACTICING THE PRESS**

- **CIRCLE TRAP**
  - **TRAPPING FUNDAMENTALS, INTERCEPTORS READS**
- **TRAP TRANSITION**
  - **BACK TIPS, BACK PRESSURE, TALK & FIX IT**
- **TRIANGLE FAST BREAK**
  - **BACK TIPS, BACK PRESSURE, TALK & FIX IT**
- **444**
  - **GET INTO PRESS QUICKLY, CONDITIONING**
- **1 VS 1 BUILDING TO 4 VS 4 – ON BALL AND STUNTING**
  - **ON BALL PRESSURE, STUNTING, KEEPING THE BALL IN THE RIGHT PARTS OF THE COURT, TRAPS**



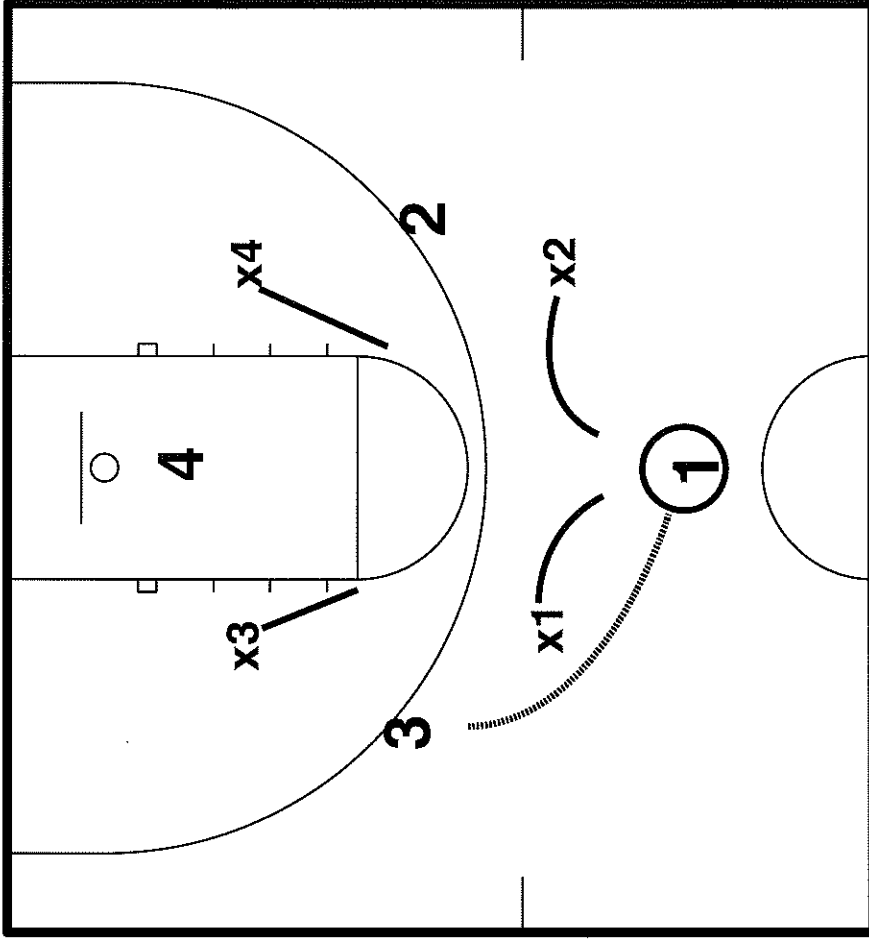
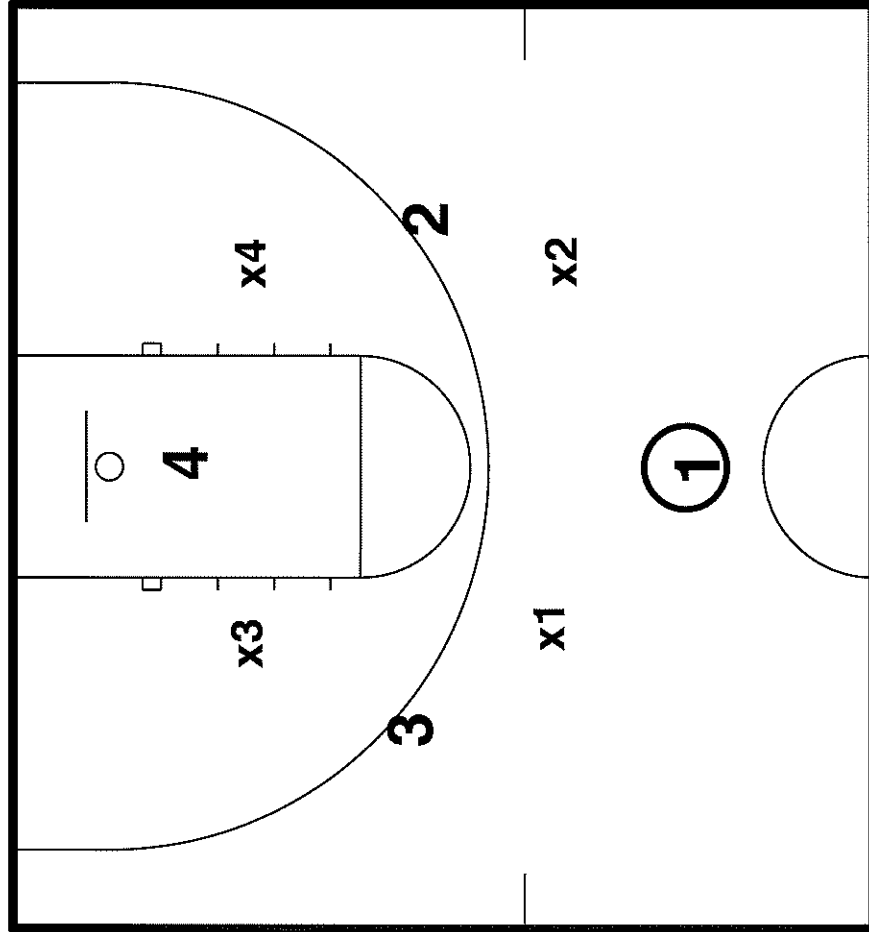
**VCU BASKETBALL**

# VCU CircleTrap

VCU CircleTrap Drills

# CIRCLE TRAP

CircleTrap Drills



x1 and x2 trap the ball  
 x3 and x4 become interceptors

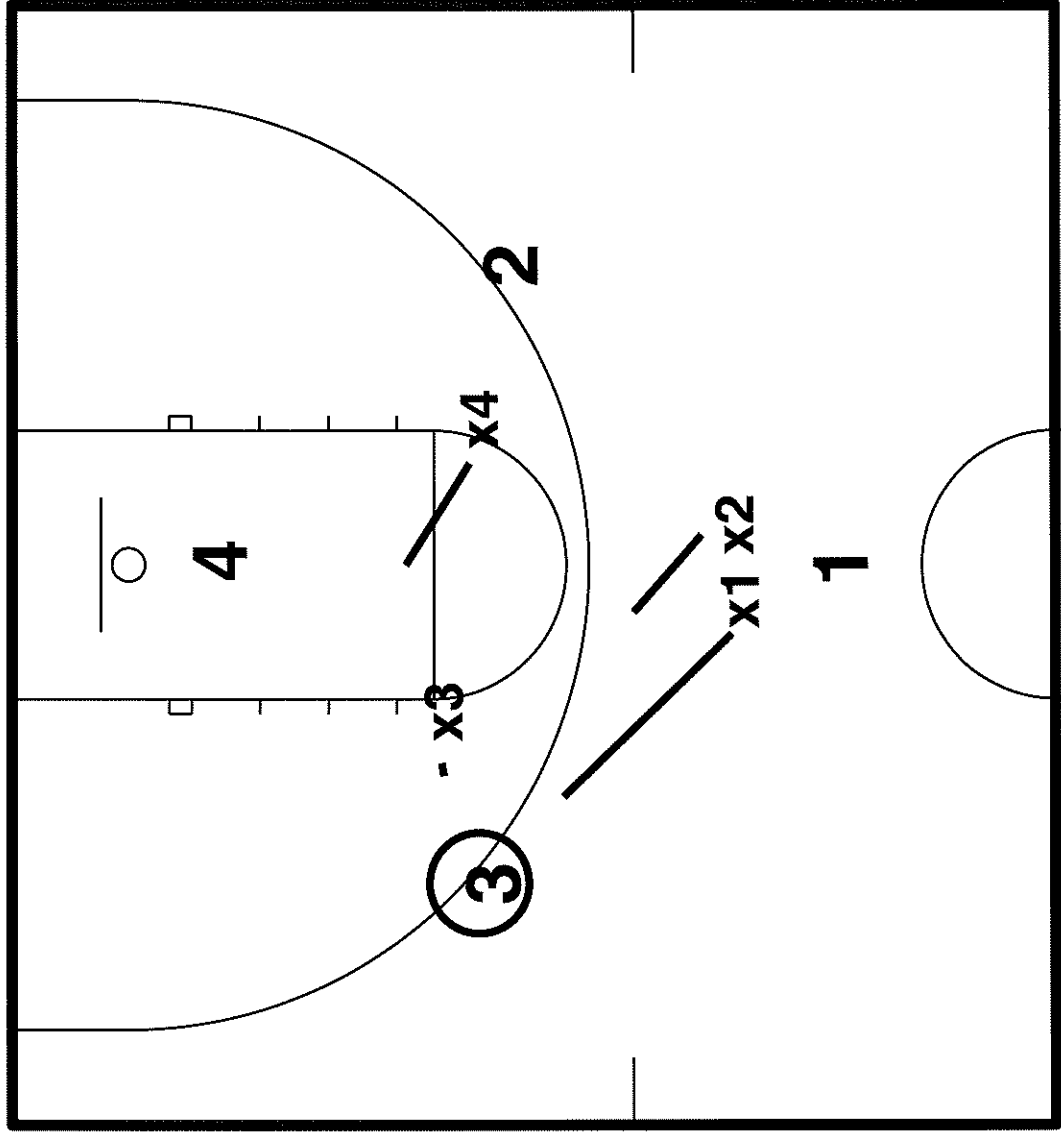


VCU BASKETBALL



# CIRCLE TRAP

VCU  
Circle Trap  
Drills



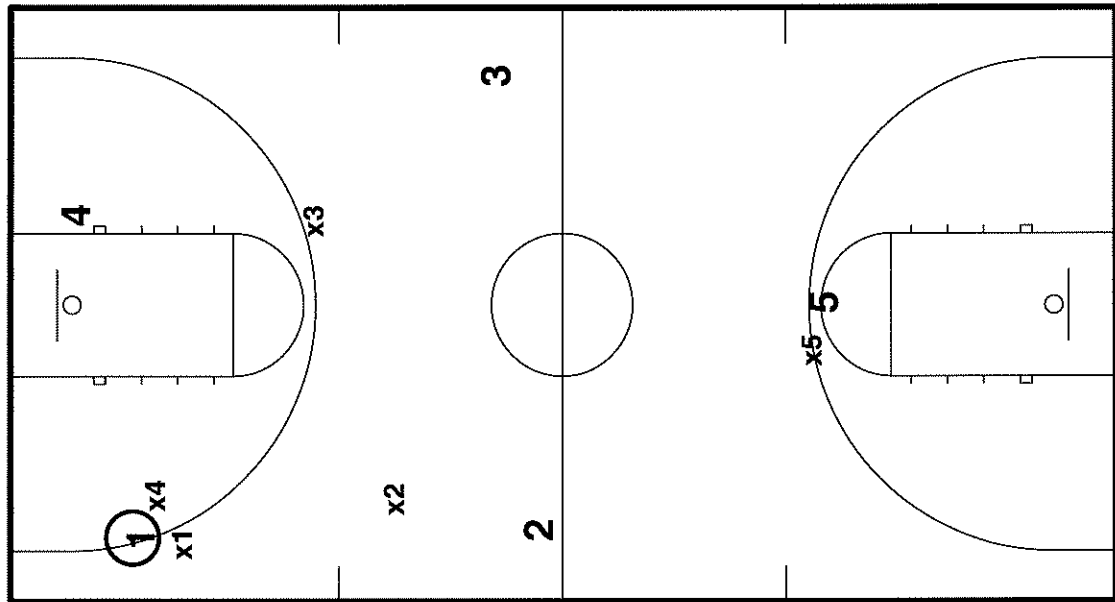
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# TRAP TRANSITION

VCU  
FastPrint  
Drills

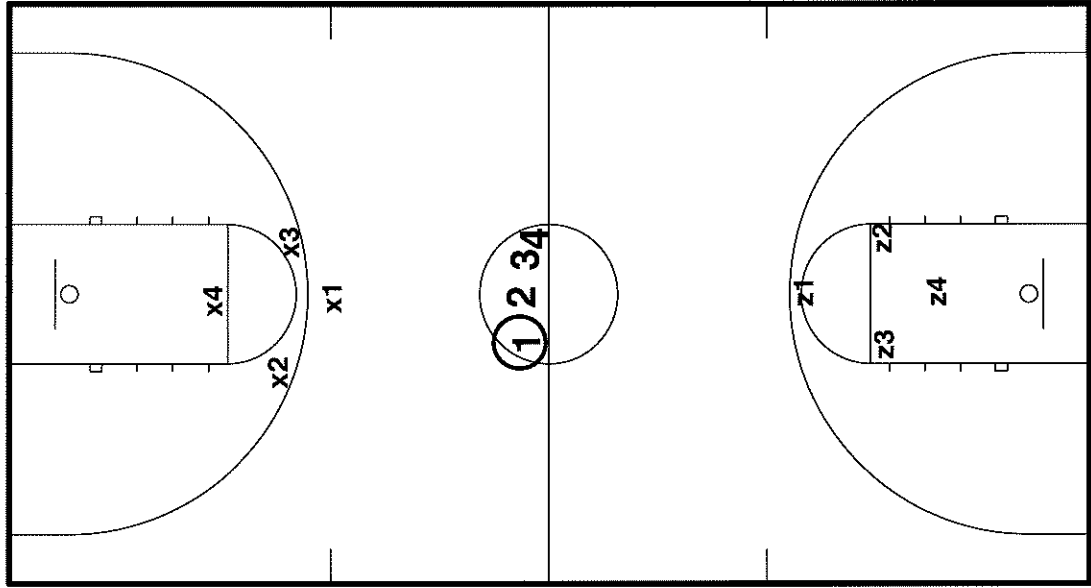


## VCU BASKETBALL

A Guard starts with the ball for 2 seconds, then the pass out



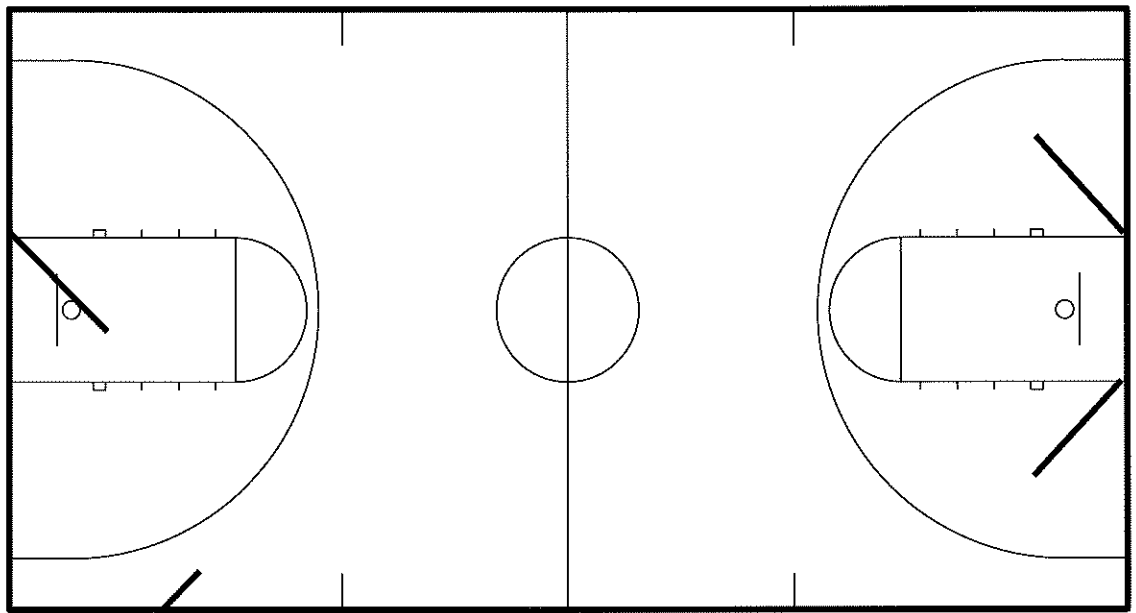
# VCU 444 Drills





# 1v1 BUILDING TO 4v4

VCU  
Pressing Lines  
Drills



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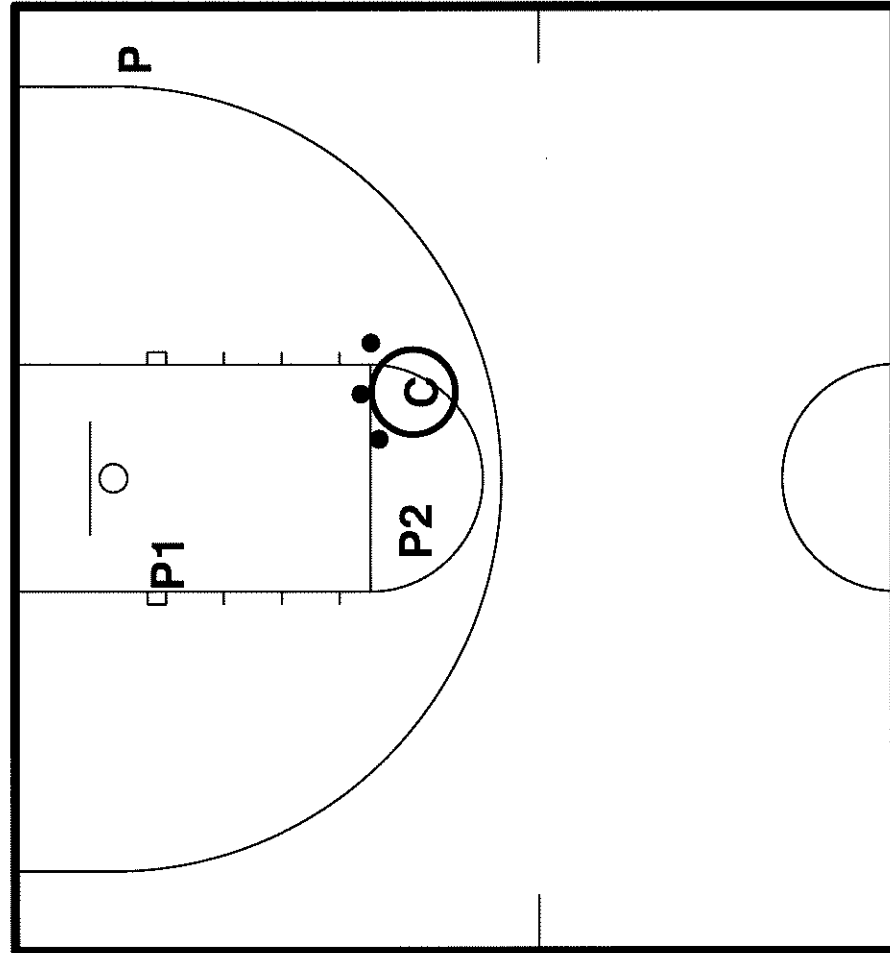
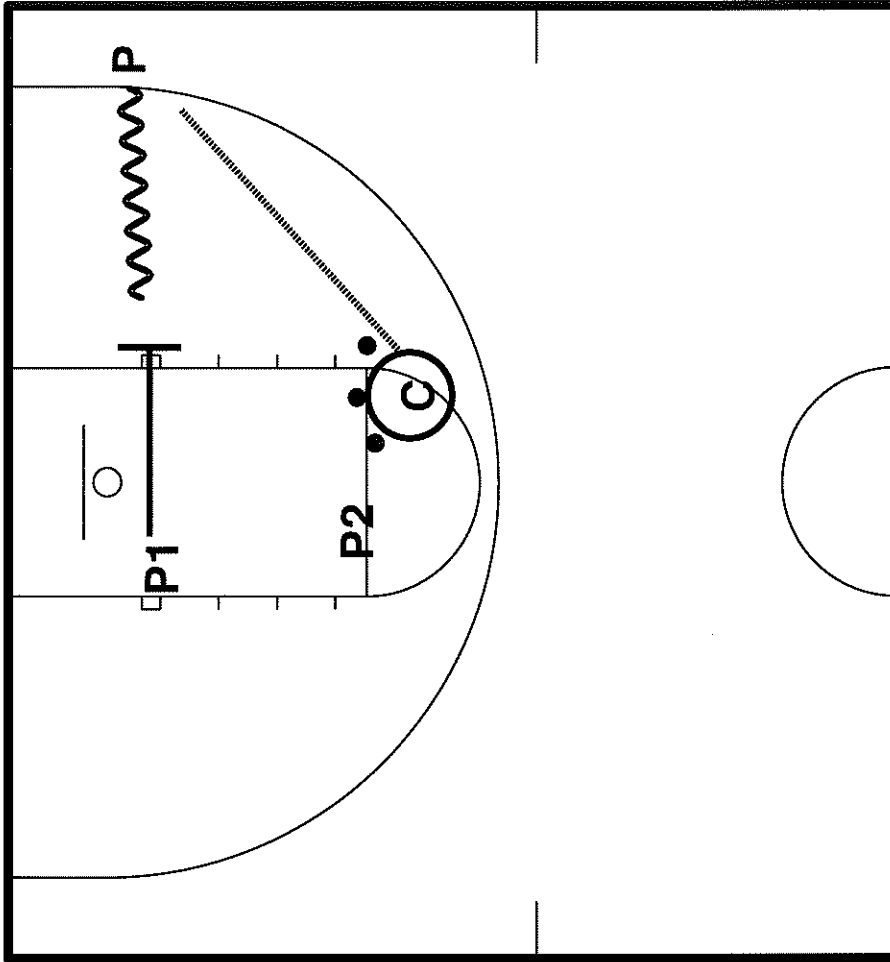
# **HALF COURT DEFENSIVE DRILLS**

- **IRONMAN DRILL**
  - **CHARGE (3 PER GAME), LOOSE BALL, SAVE IT GOING OUT OF BOUNDS (SPECIFIC SPOT?)**
- **BROCKPORT DRILL**
  - **CHARGE, ROTATION, PLAYING OUT OF A SCRAMBLE SITUATION**
- **BUTLER TRANSITION DRILL**
  - **OUTNUMBERED IN TRANSITION, HOLD FORT FOR 7 SECONDS**
- **BALLSCREEN SCRAMBLE DRILL**
  - **SHOW AND GO, STUNTS, SCRAMBLE**



# IRONMAN VCU

IronmanDrill Drills



P1 is the player  
 P2 is his partner  
 C is a coach who throws/passes the ball (starts w/ P1sthe player  
 in the drill (receiver, encourages, etc.)  
 3)

Coach passes player  
 Player drives to basket  
 P1 moves over from opposite block  
 P1 gets up immediately  
 in corner  
 hard  
 to take charge



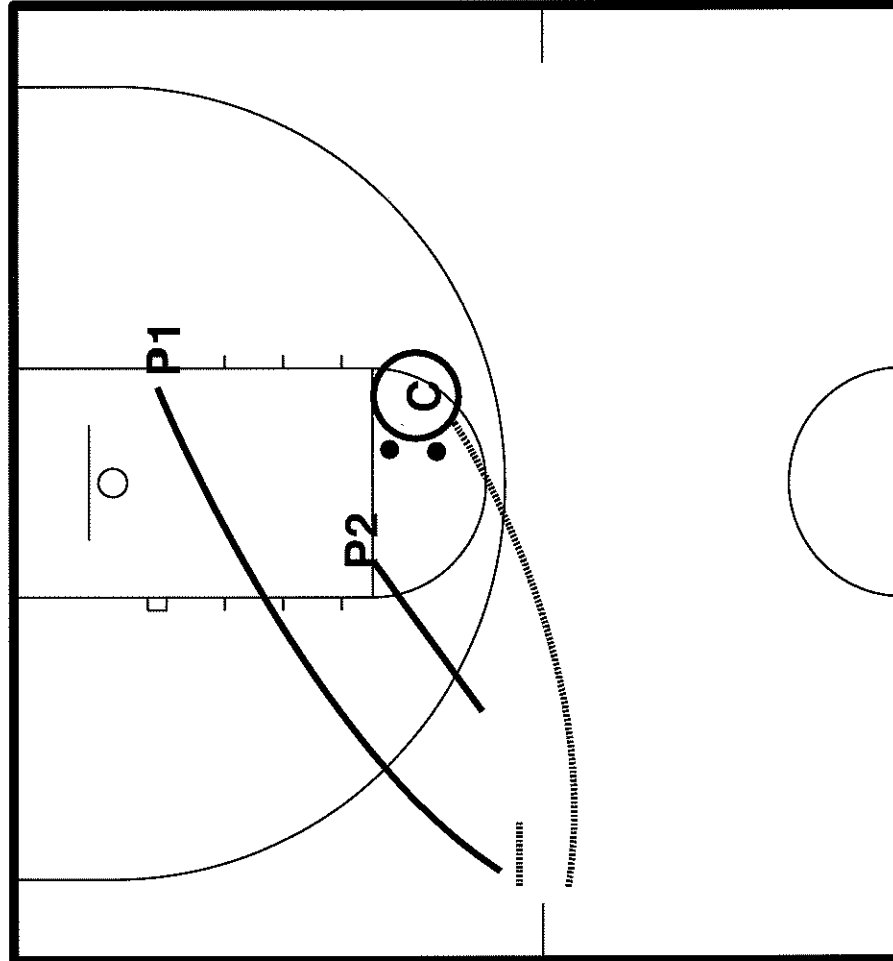
## VCU BASKETBALL

All Contents Proprietary

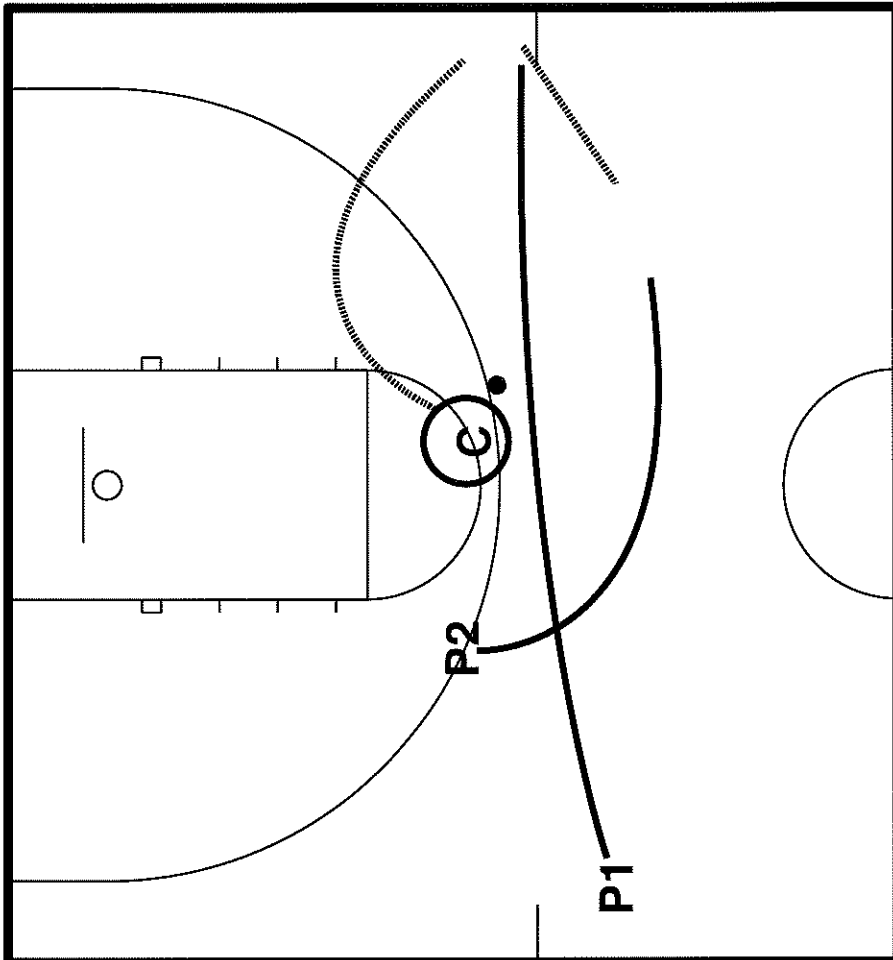
All Contents Proprietary

# IRONMAN

VCU IronmanDrill Drills



Coach rolls 2nd ball towards sideline  
P1 has to sprint and dive to save it  
P1 saves ball to P2



Coach throws 3rd ball toward opposite sideline (jump start)  
P1 sprints to save ball (jump start)  
P1 saves ball to P2 who meets it and passes it to the hoop  
the team gets pumped for the hustle!

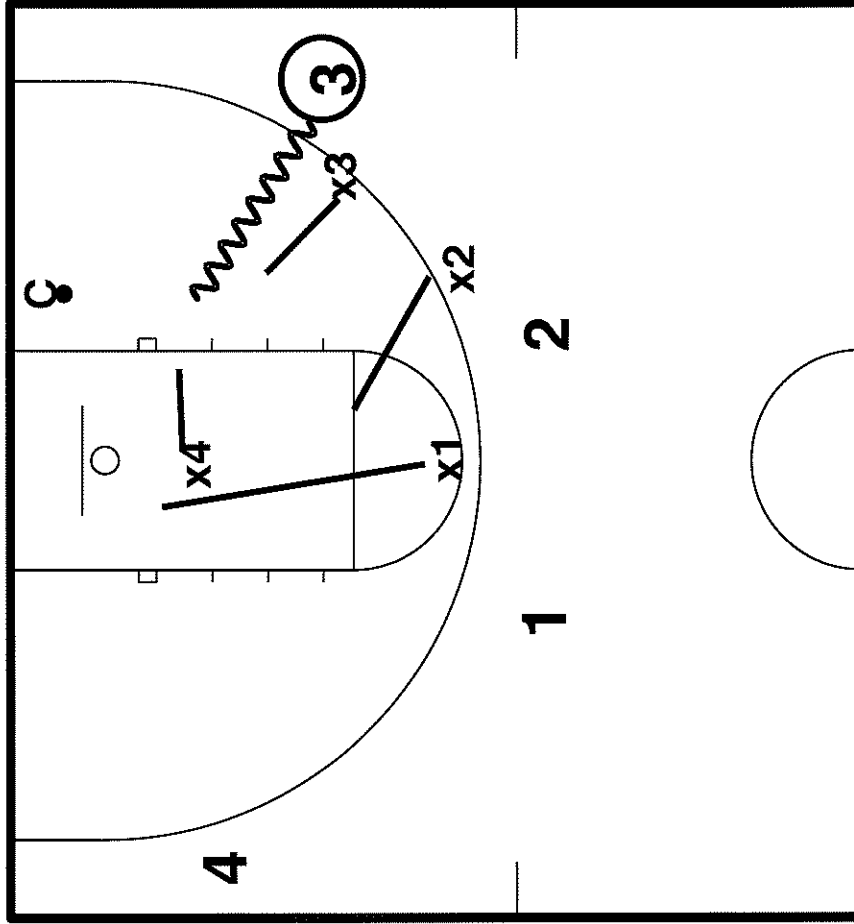


## VCU BASKETBALL

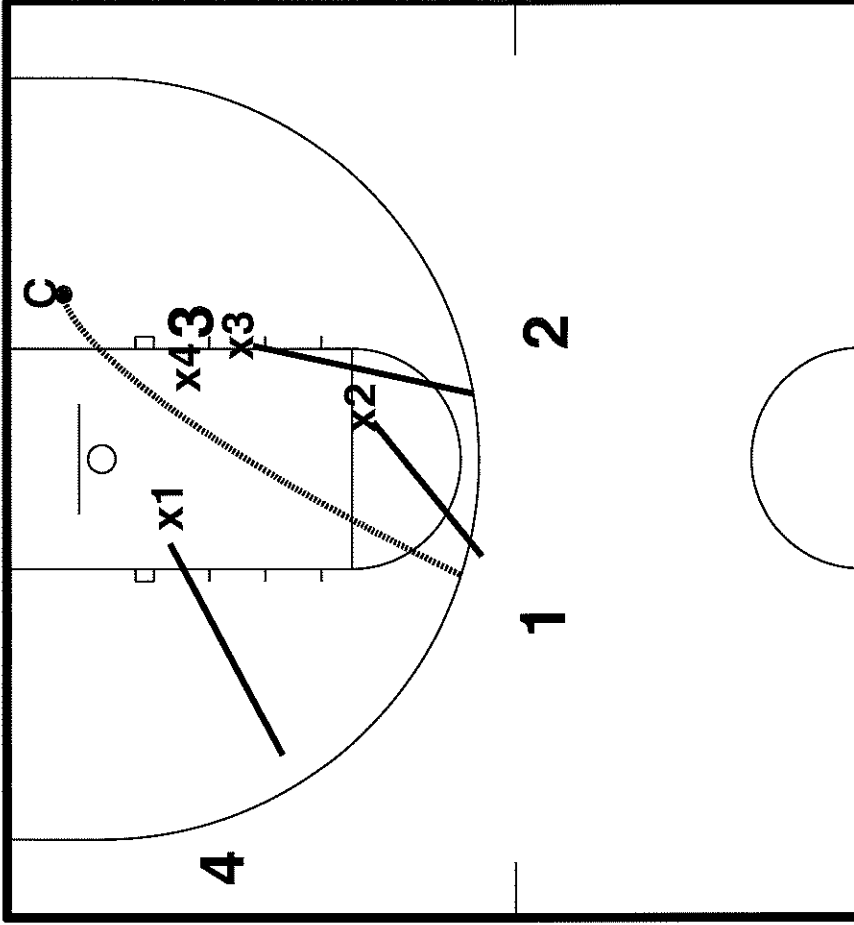


# BROCKPORT <sup>VCU</sup>

Brockport Drills



3 drives baseline  
 x4 takes charge out side the launching pad  
 x1 sink to take away big  
 x2 fill to take pass out



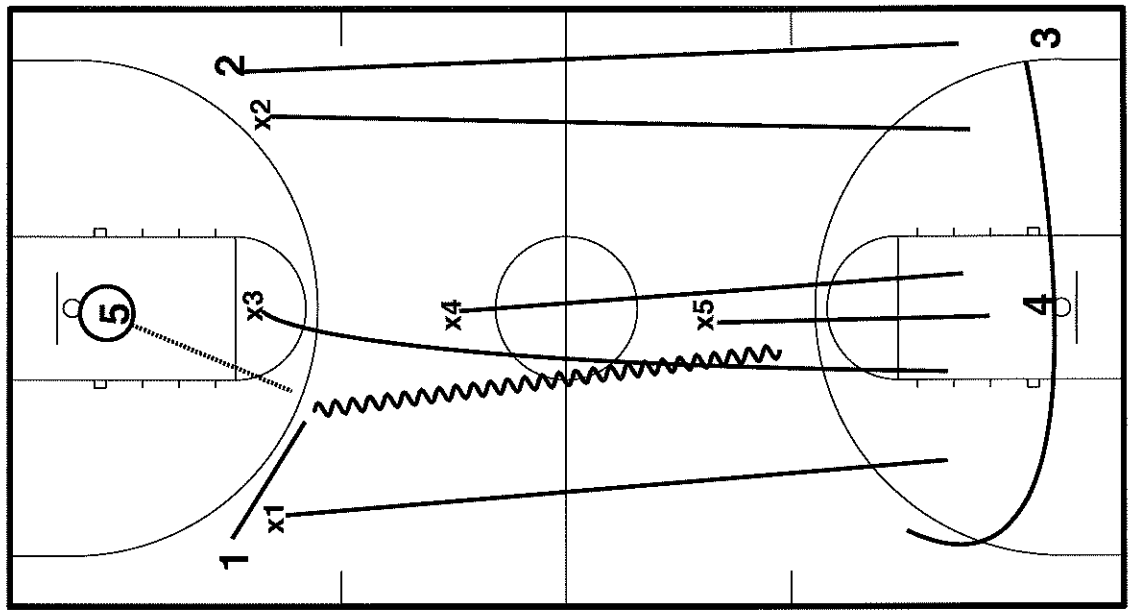
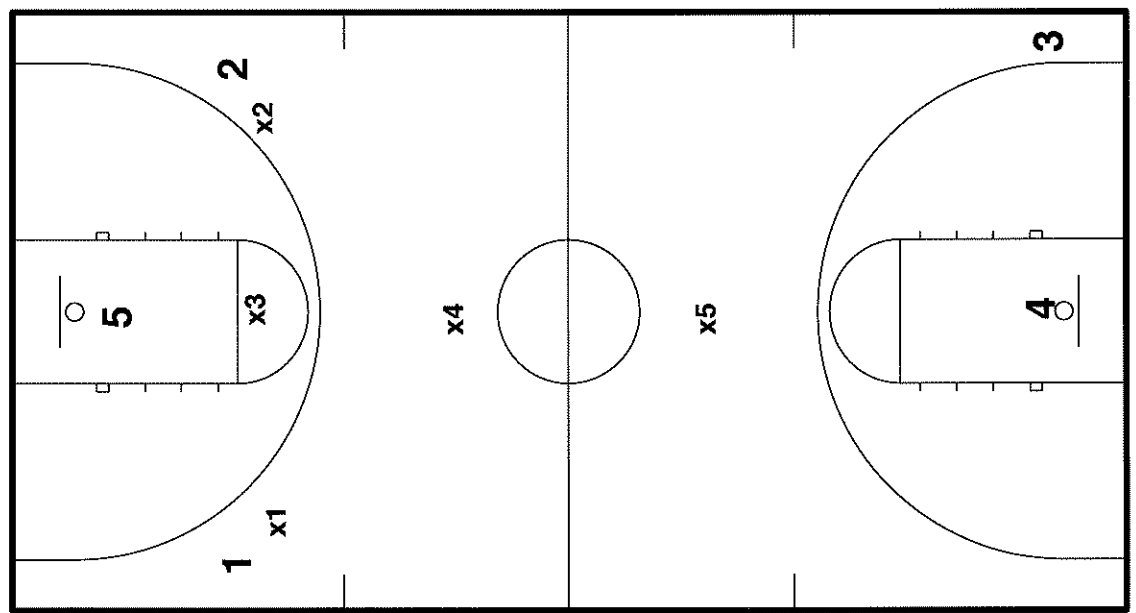
Coach passes out and x2 takes first pass  
 Players must communicate the scramble situation



**VCU BASKETBALL**

# BUTLER TRANSITION

VCU Butler Transition Drills



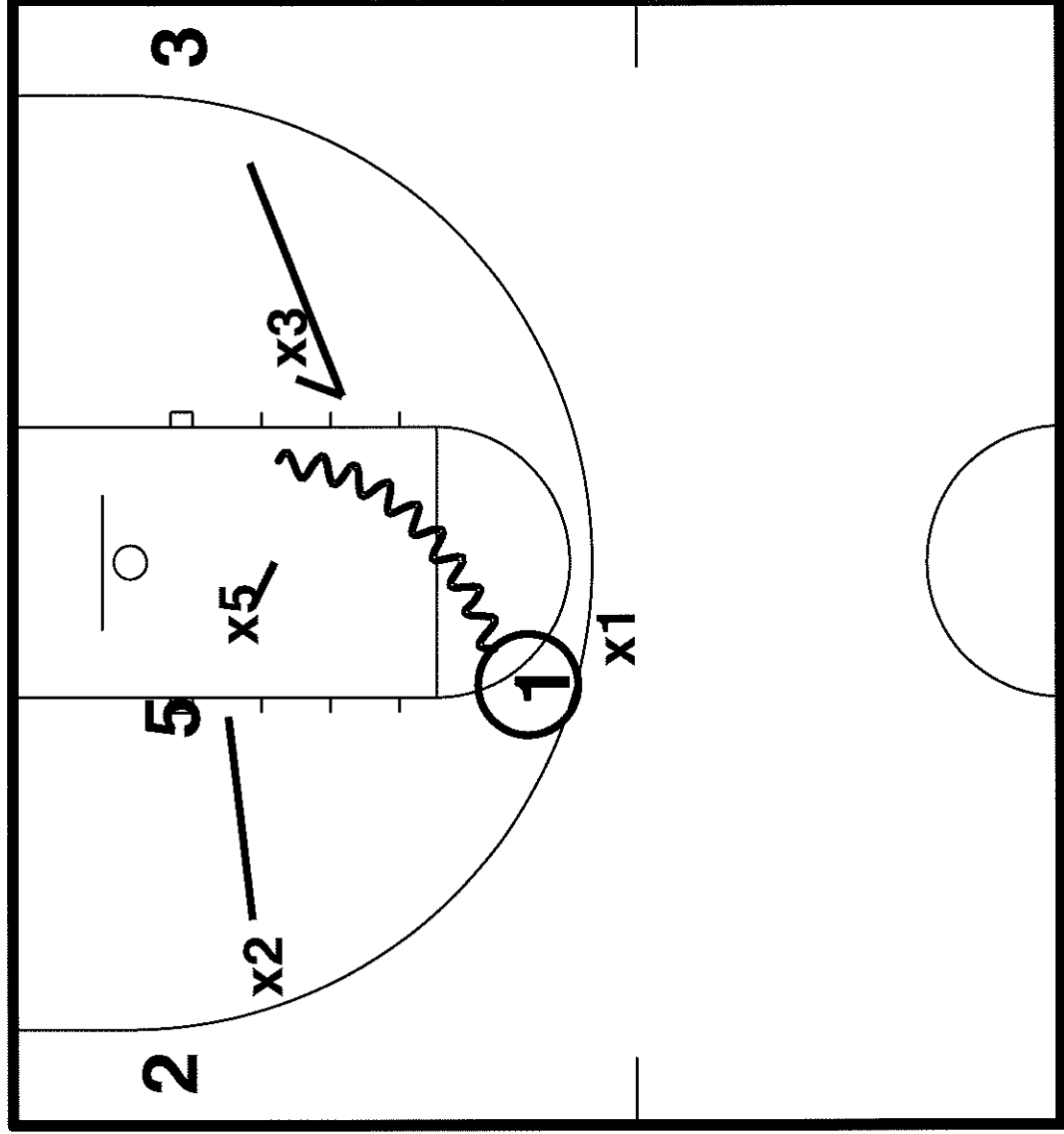
7SecondsonShot  
x3shootsaFT

Clock

**VCU BASKETBALL**  
 Defense has to sprint back and out  
 Offense can only shoot if they have wide open shot

# BALLSCREEN SCRAMBLE

BallscreenScramble  
Drills



1hasbeatenx1  
x3showsandgoes  
x5squaresuplate

VCU BASKETBALL



# **BOB PLAYS**

- **11**
  - **BOTH BIGS, SHOOTER**
- **40**
  - **1 BIG, SHOOTER**
- **SLIP (VS. ZONE)**
  - **4 MAN**



**VCU BASKETBALL**



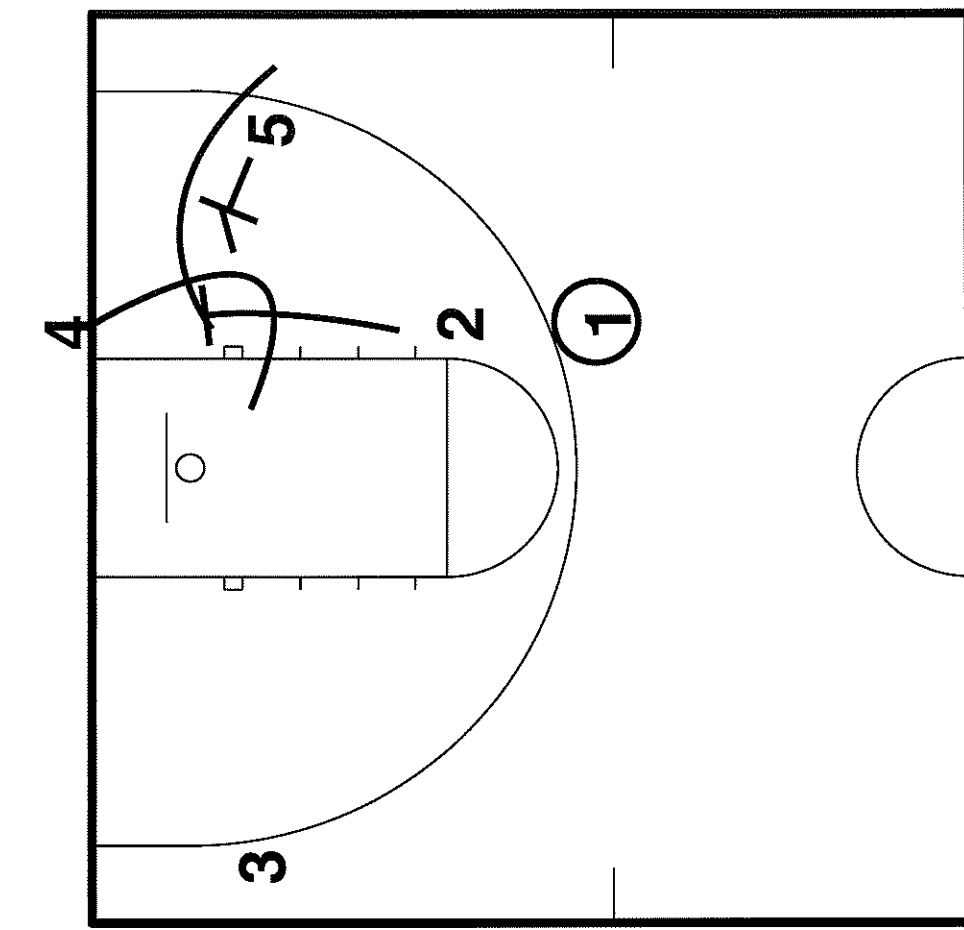
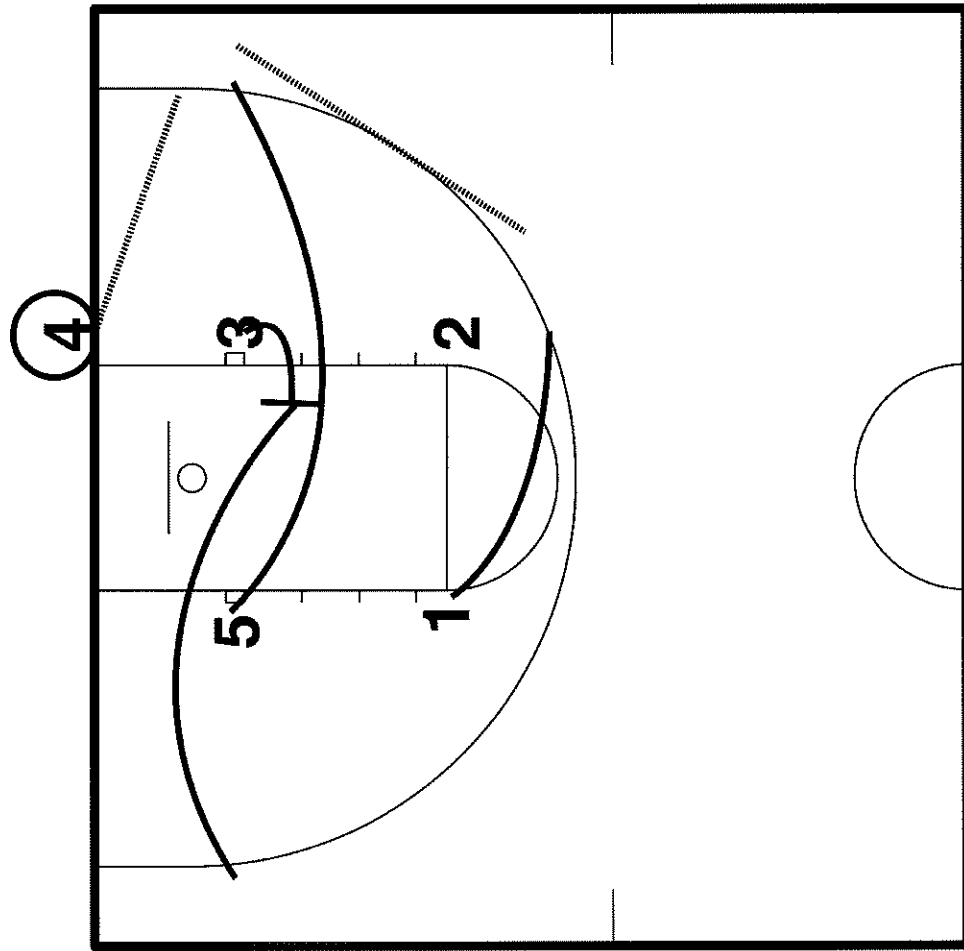
VCU

VCU

40

40  
OBU

40  
OBU



5  
screen for  
the corner  
1st to 5  
the ball  
1st to 1  
out

5  
screen for  
the corner  
1st to 5  
the ball  
1st to 1  
out

4  
screen for  
1st to 2  
screen for  
2nd to 1st to basket



VCU BASKETBALL



# **ZONE OFFENSE**

- **KNIFE ACTION (CONCEPT)**
  - **PG IN THE TEETH OF THE ZONE**
  - **BE STRONG WITH THE BALL AND MAKE A PLAY**
- **HAMMER (2/3)**
  - **SHOOTER TO CORNER, BIG GUY TO MID POST**
- **VANDY**
  - **SHOOTER**





# KNIFE

FastPrint (Print) May 05 10:03:28 EDT 2011

FastPrint (Play) Fri May 05 10:03:28 EDT 2011

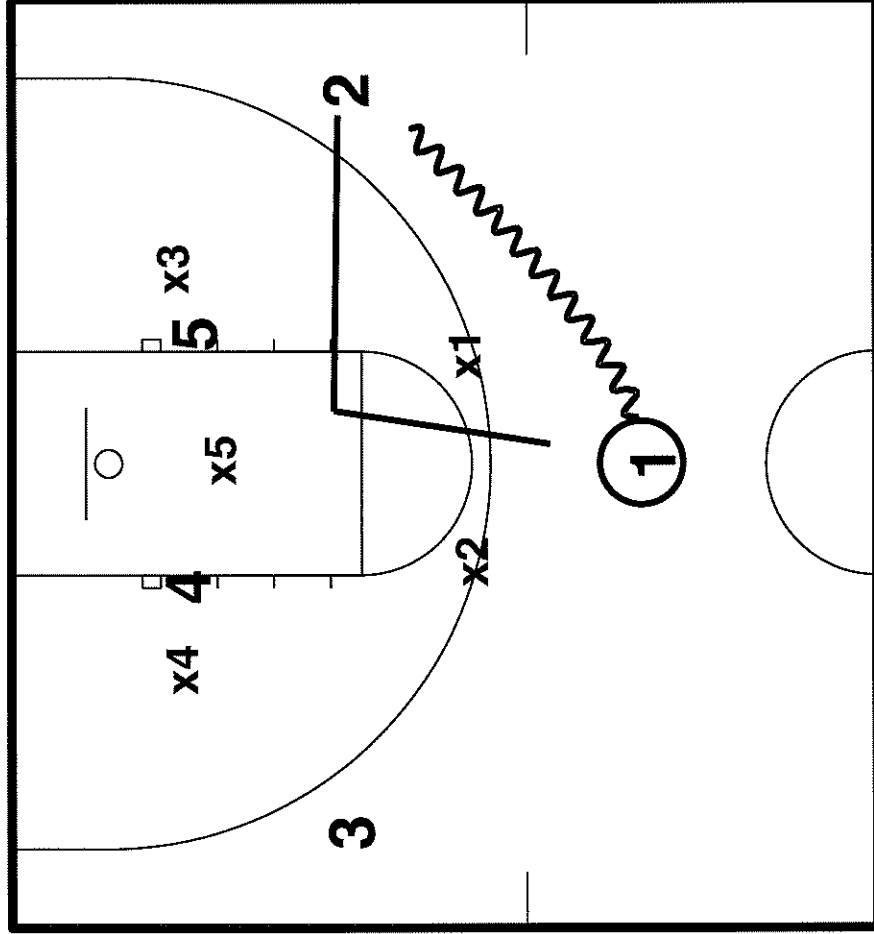
pg. 2

VCU

VCU

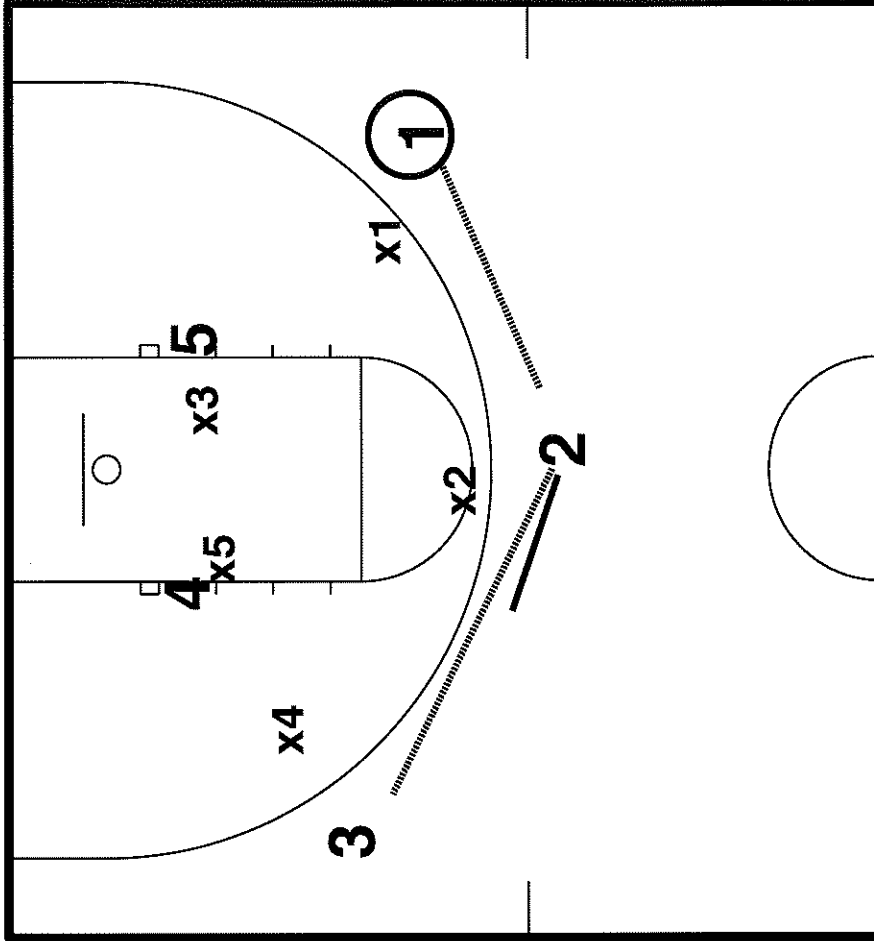
Knife  
ZonePlays

Knife  
ZonePlays



1 dribblestowing  
2 shallowcuts (getsapieceof)

the paint) out to top of key



1 hits 2  
2 reverses to 3 and gets into top of key

VCU BASKETBALL

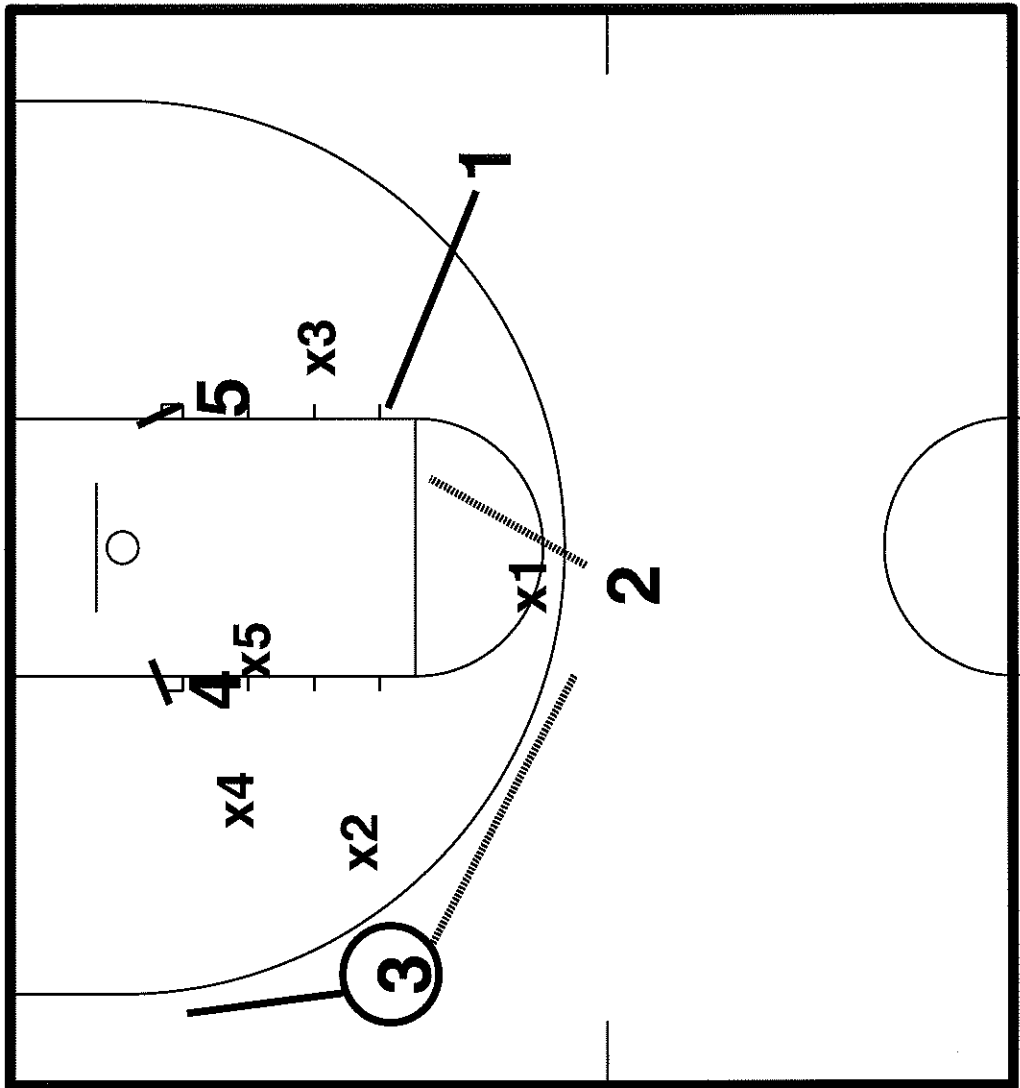


# KNIFE

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Knife  
Zone Plays



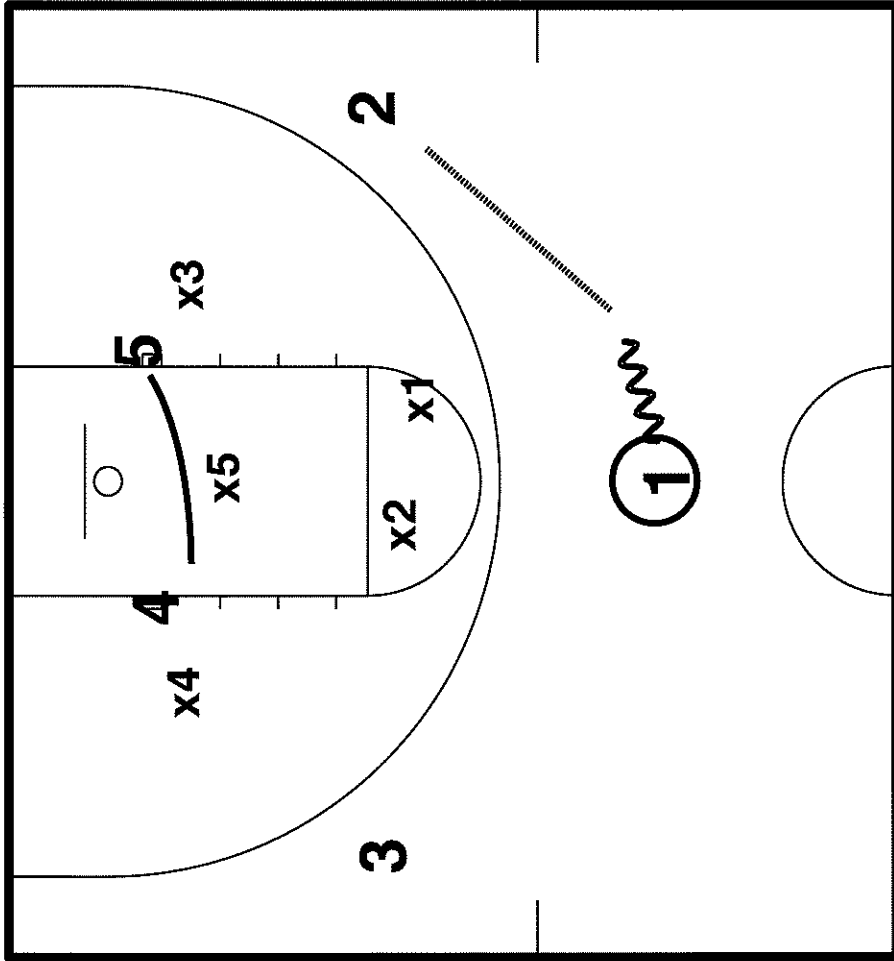
VCU BASKETBALL

2singap  
1liftsupallittlebit  
whenball isinair  
2hts1ontherun

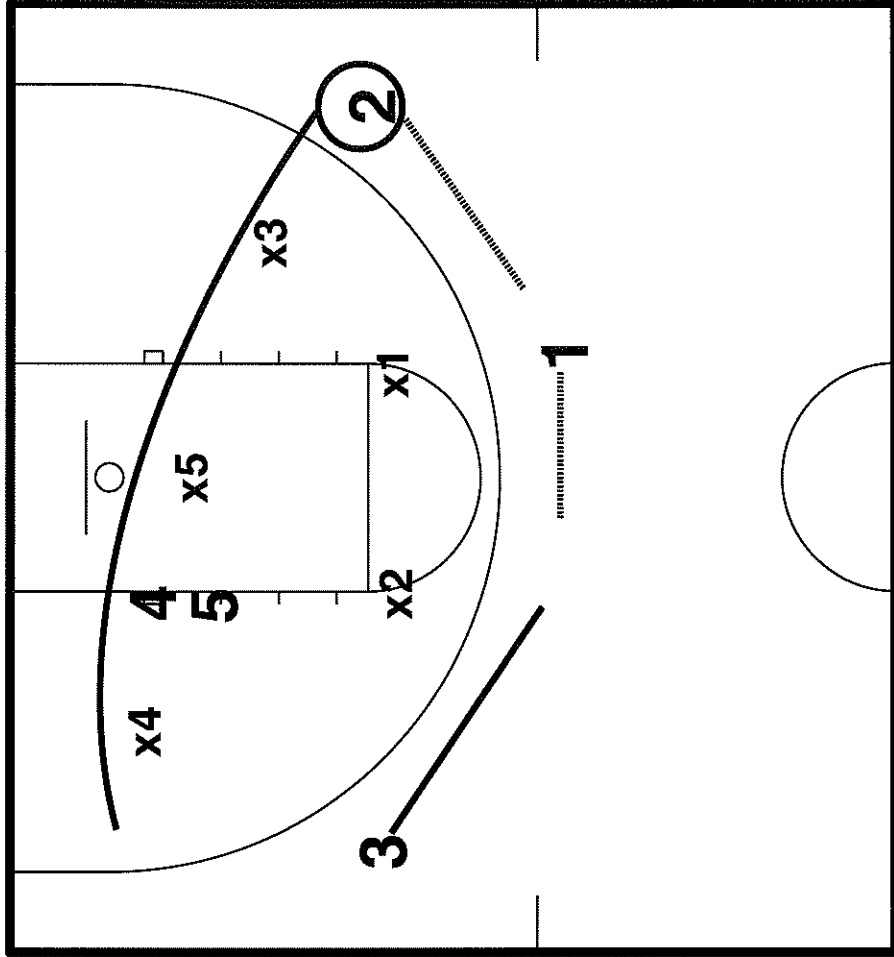
toget  
1knifesin togap

# HAMMER 2 <sup>VCU</sup>

Hammer 2  
ZonePlays



1dribblesoncto2'sside  
1hits2  
Onpass, 5cutstooppositeblock  
beside



2hits1  
3iftsuptoelbowextended  
immediateafter pass, 2cutsthroughcorner  
cif double screenfrom4&5

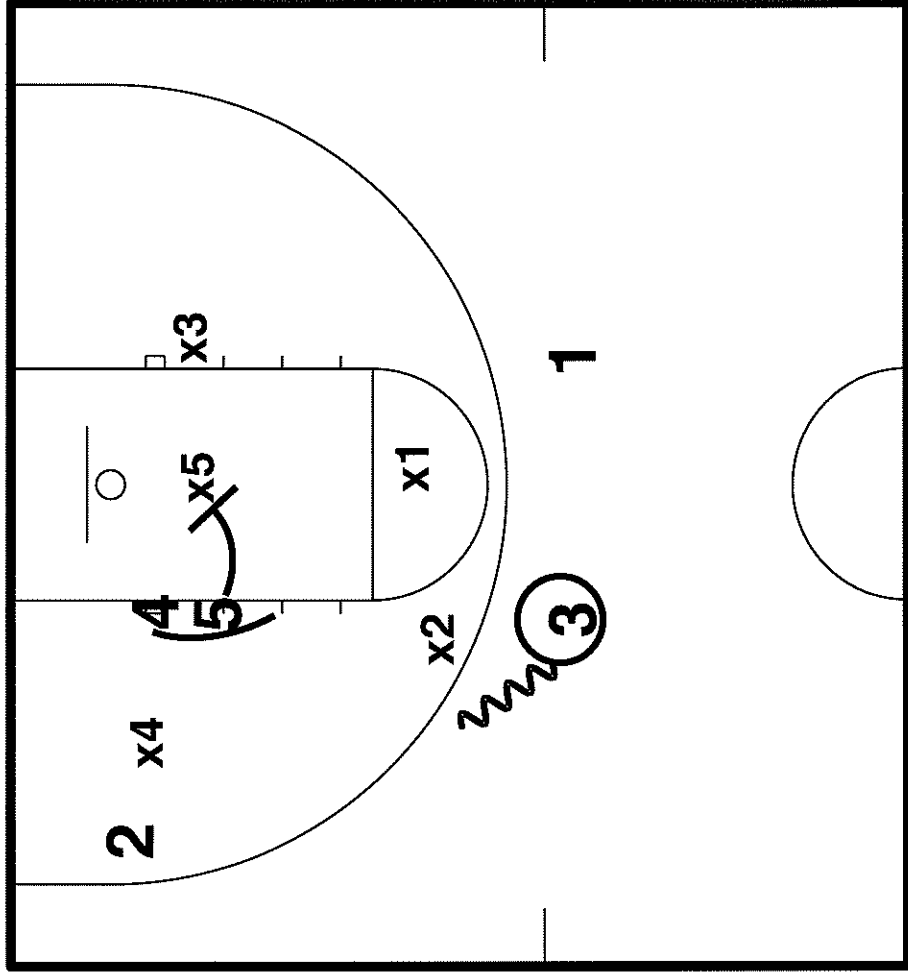


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# HAMMER 2

VCU

Hammer 2  
Zone Plays



As soon as 2 clears, 5 screens the middle man in the zone  
 4 cuts right up the lane  
 If x4 helps in, 2 is open in corner for shot

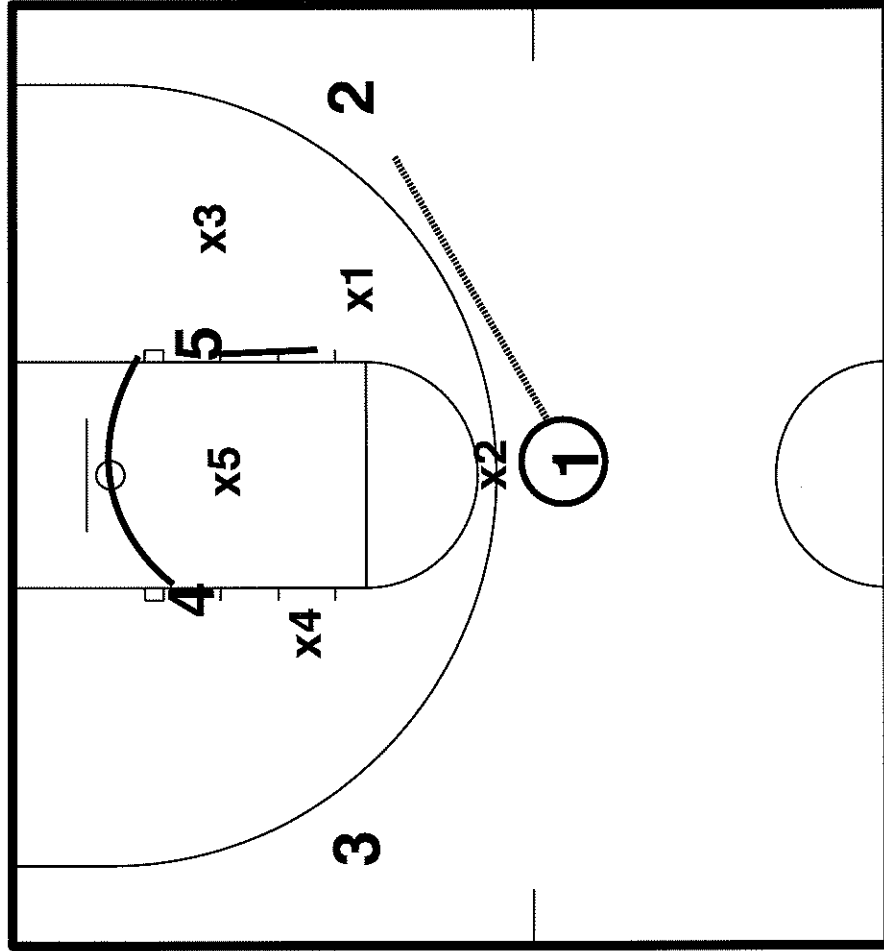
**VCU BASKETBALL**



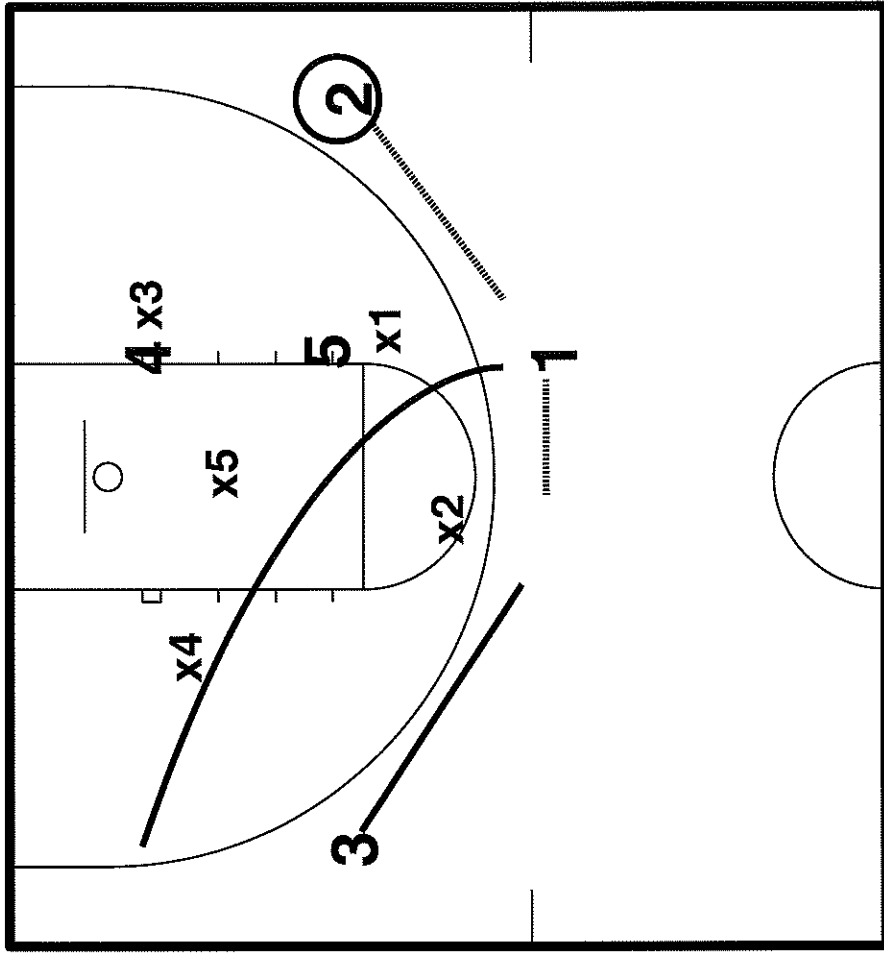
# VANDY

VCU

Vandy  
ZonePlays



- 1hits2
- 1fillsover
- 5samesideup
- 4sneakstoball
- 2looksfor
- toslot
- sideblock
- 4&5posting



- 2hitsback
- 3liftsuptoslot
- 1hits3andcutsthroughtoball
- side



VCU BASKETBALL

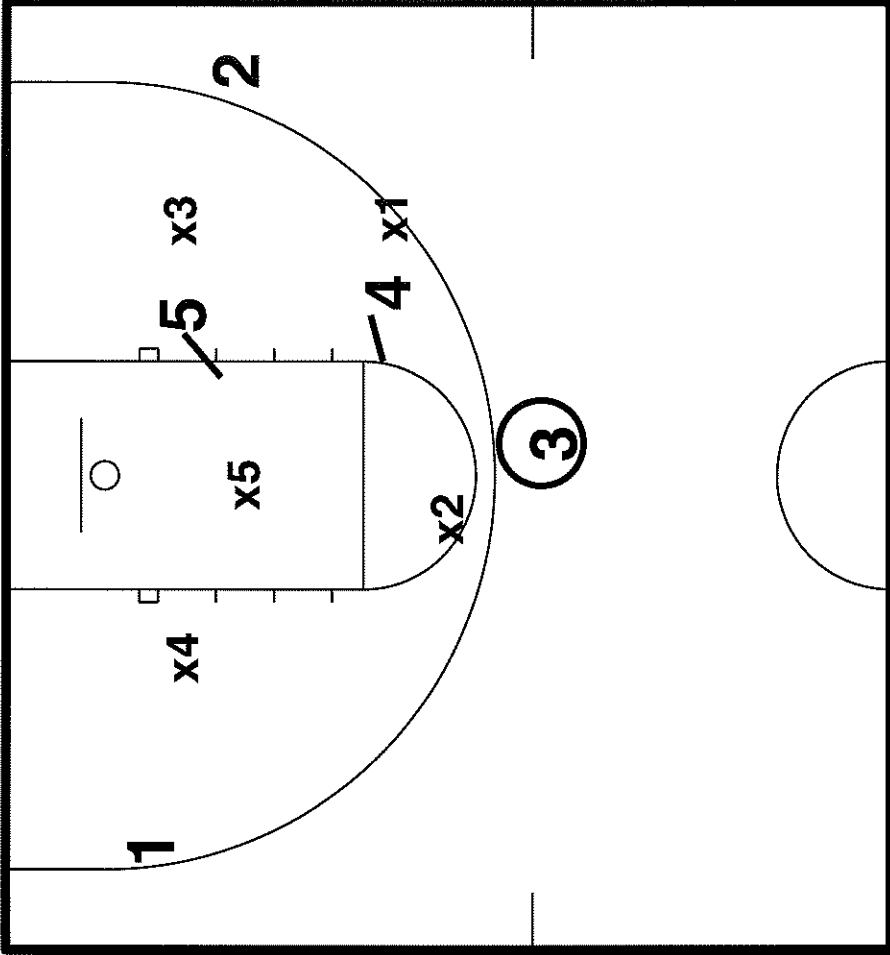
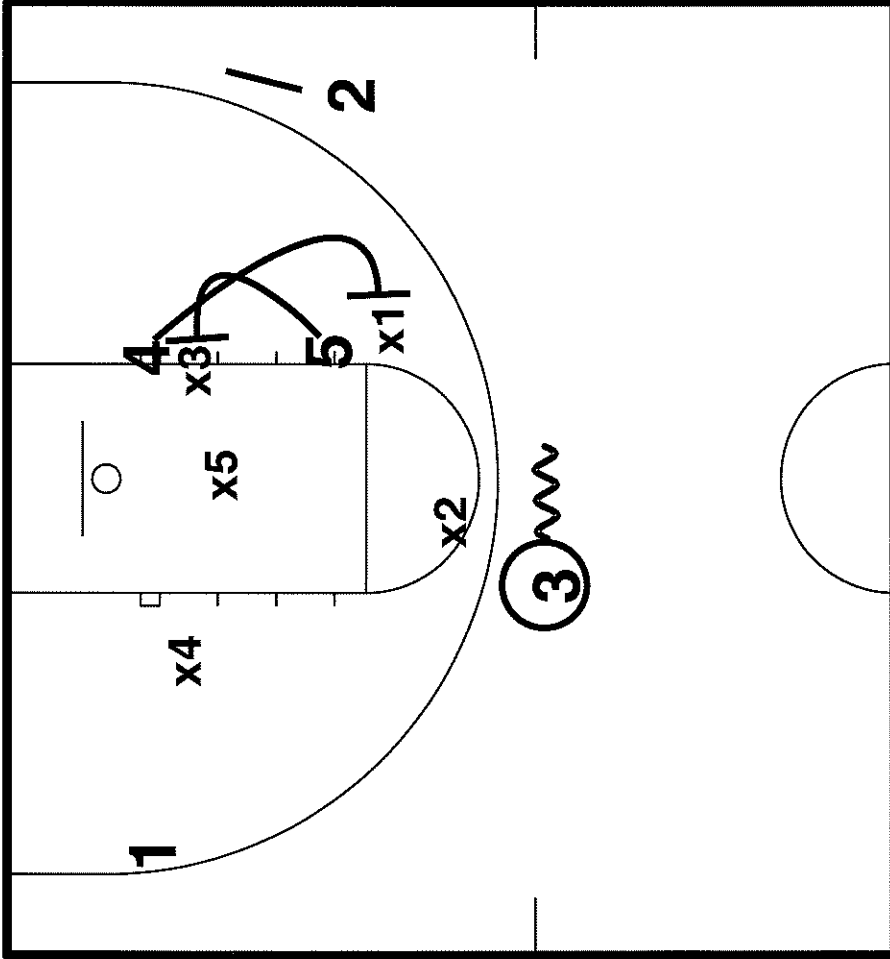
# VANDY

VCU

VCU

Vandy  
ZonePlays

Vandy  
ZonePlays



3takes1dribbletoward2  
4loopswideandscreensx1 (topmaninzone)  
5loopsinsideandscreensx3 (bottommaninzone)  
3looksfor 2over topfor shot

If x3and/or x1cheat out over screens 5&4sliptoindtheball



VCU BASKETBALL

# LATE GAME THOUGHTS

- **PRACTICE PASSES (PRE / POST)**
  - **FULL COURT (BIG ON / OFF BALL), HALF COURT (BIG ON / OFF BALL), BOB (BIG ON BALL)**
- **BOOK OF ALL SITUATIONS FROM THE LEFT AND RIGHT SIDE**
- **6 MINUTE GAME (3X A WEEK)**
  - **TAKE CARE OF THE BALL**
  - **MAKE FREE THROWS**
  - **BE SOLID ON DEFENSE**

**VCU BASKETBALL**



# LATE GAME

- **FULL COURT**
  - DAYTON FLY (5-10), RIGHTY \_\_\_\_ (-6-3)
  - CLEMSON (PRESSURE INBOUNDS)
- **3/4 COURT**
  - RICHMOND (3-8), WINNER (-6-2)
- **1/2 COURT**
  - SIDE 5 (2-5), REDDICK (-6-5)
  - RIP, STATE (LIVE BALL, NEED A 3)
- **BOB**
  - BANANA (-6-4), NOVA (-6-3), RIM (TIP - <1)



VCU BASKETBALL



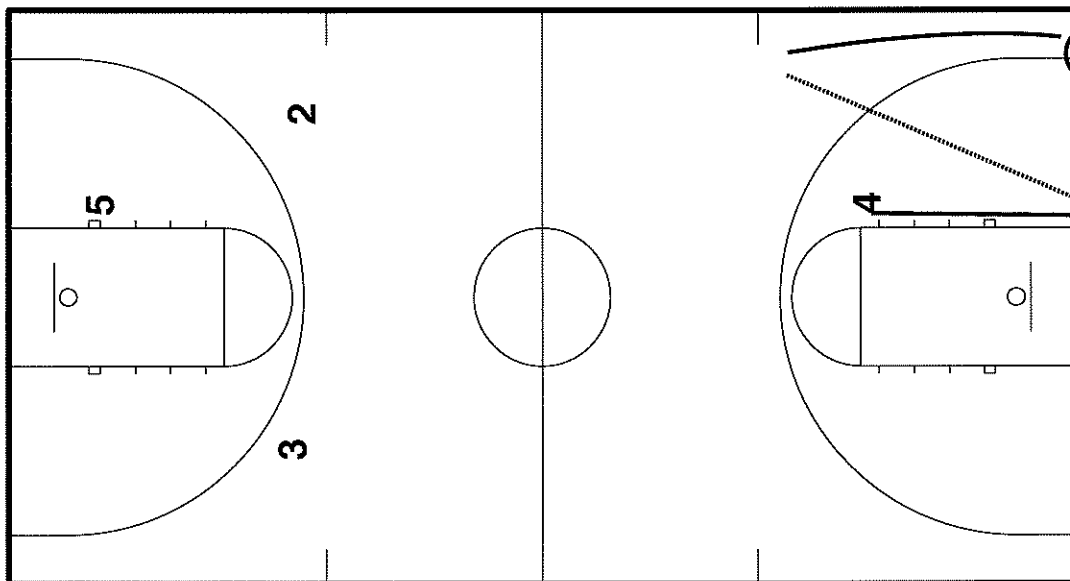
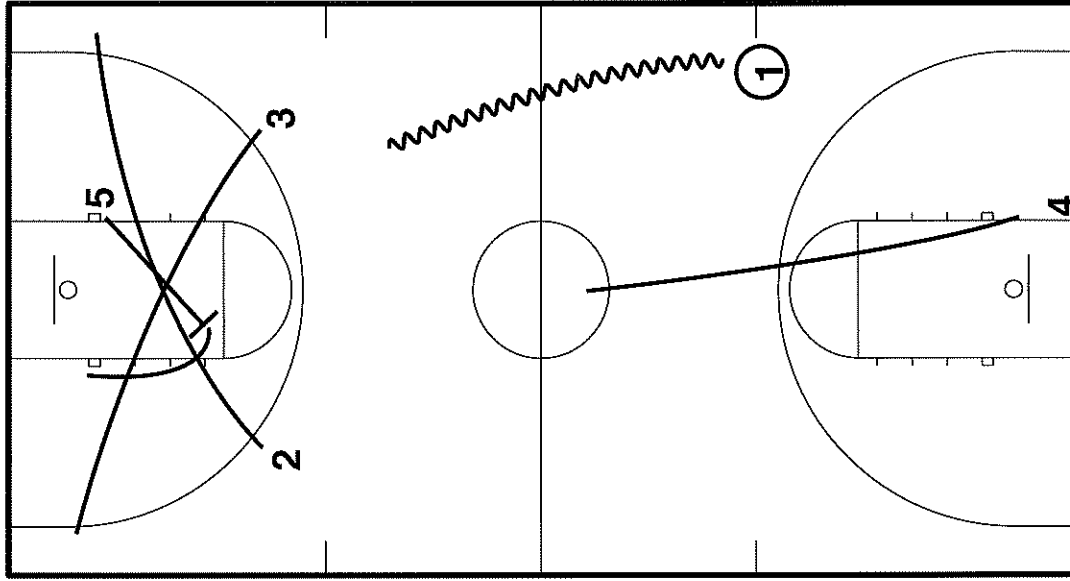


VCU

# DAYTON FLY

Dayton Fly  
Special Situations

VCU



1 hits 4  
4 hits 1 sprinting up floor

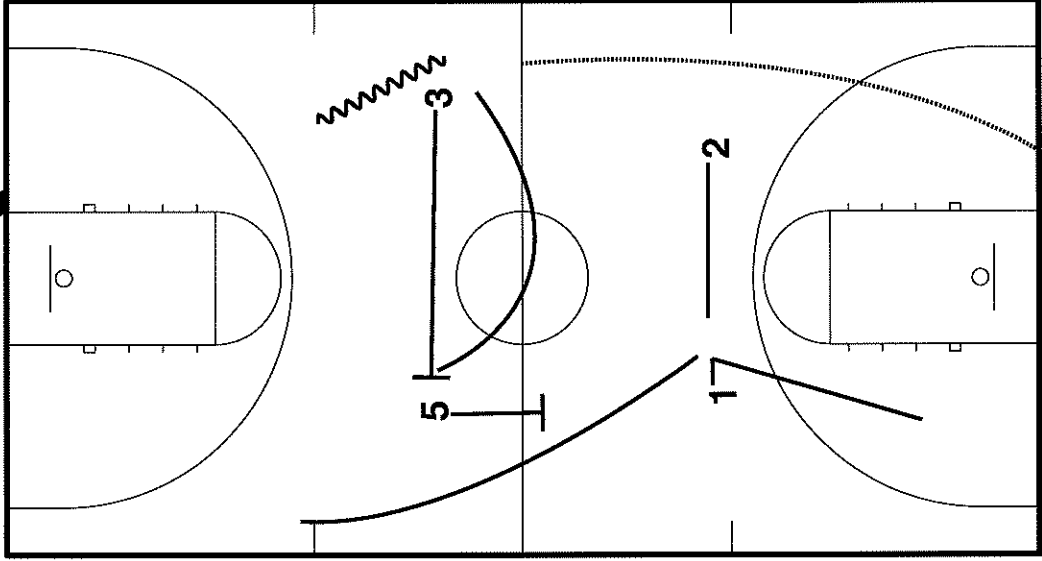
VCU<sup>th</sup> BASKETBALL

5 backscreens for 2  
2 autotelecomm for

VCU

# RIGHTY (NAME)

(Name)  
Special Situations



4

2 goes on the lap of  
5 screens for  
1 cut to ball

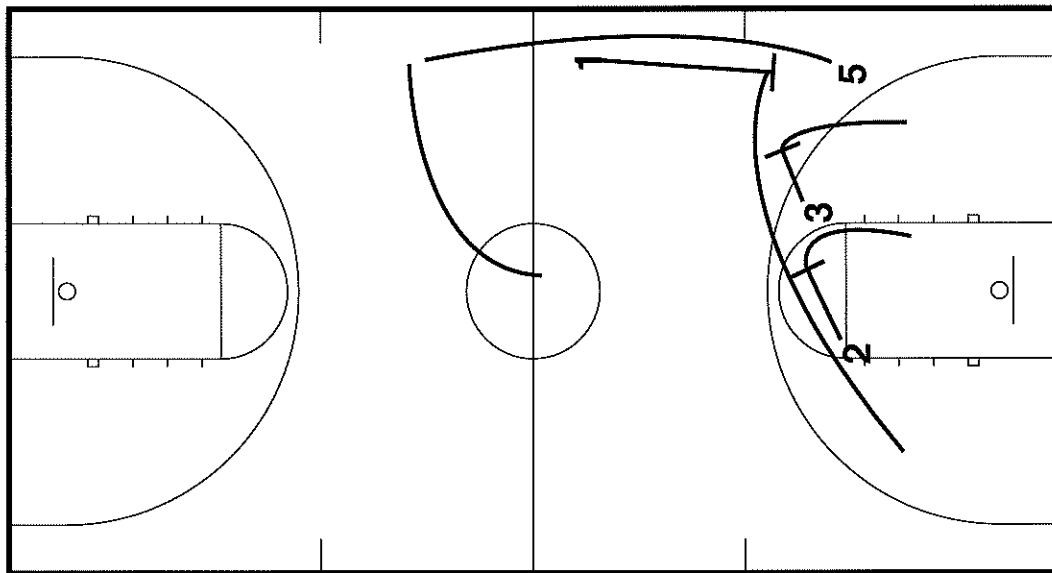
VCU BASKETBALL





VCU

# CLEMSON



4

## VCU BASKETBALL

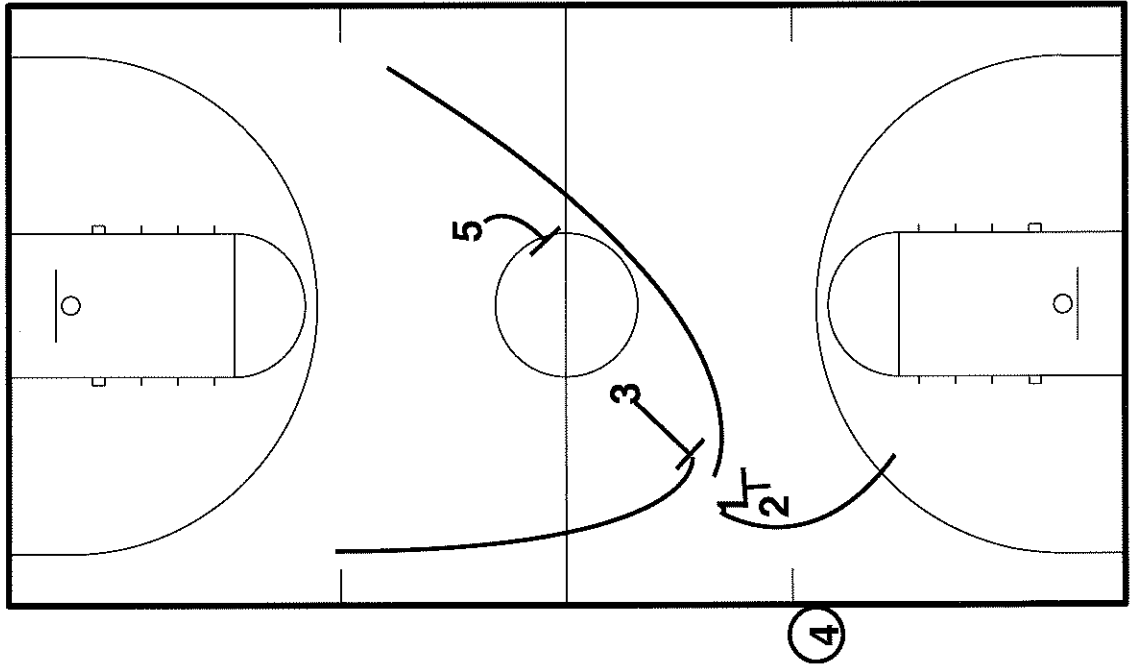
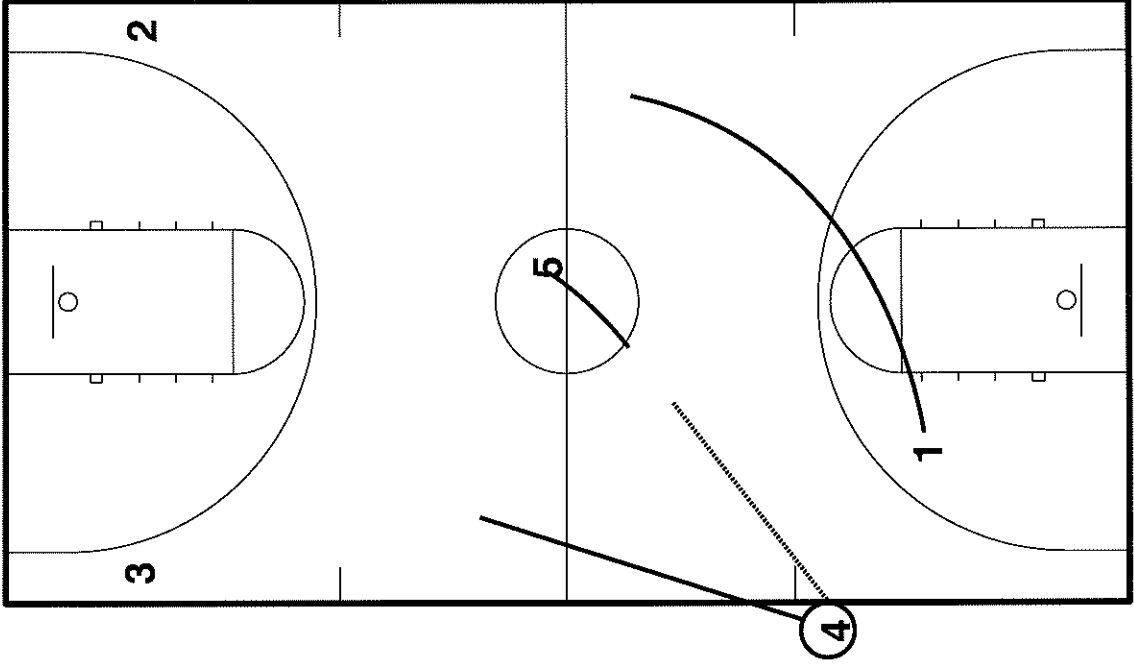
1backscreen5  
3&2stagger for 1  
3&2flashback toball

VCU

VCU

# RICHMOND

Richmond (VA) Spartans

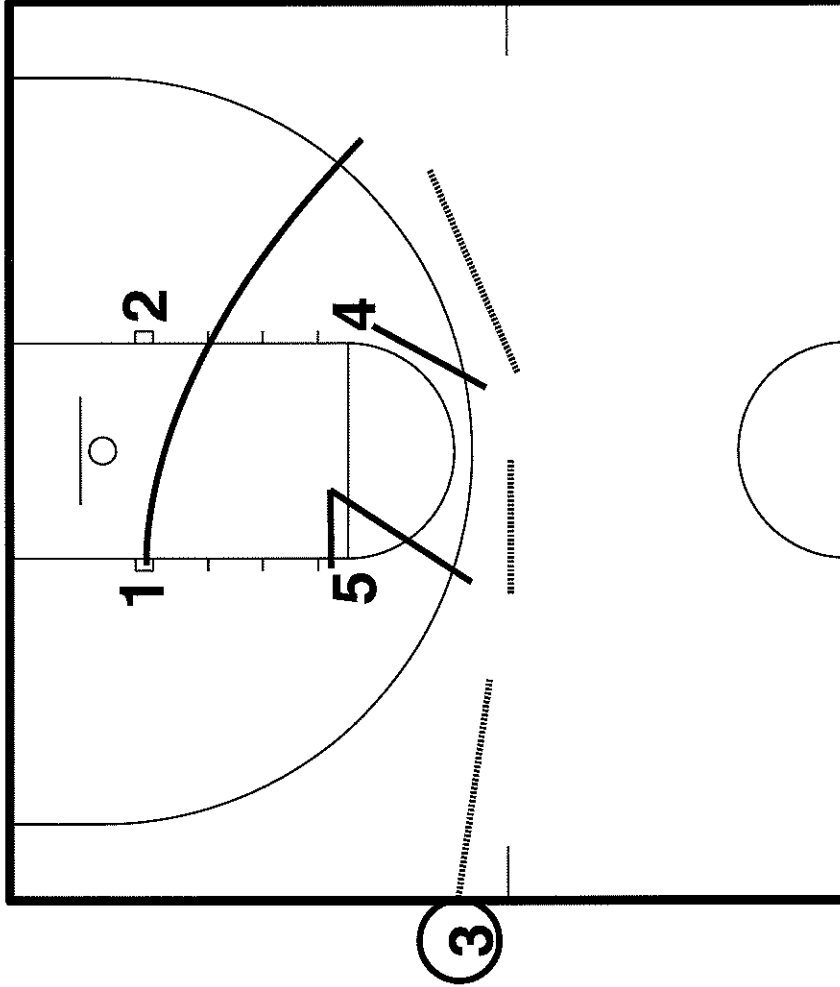


VCU BASKETBALL

VCU

Side5  
SOB

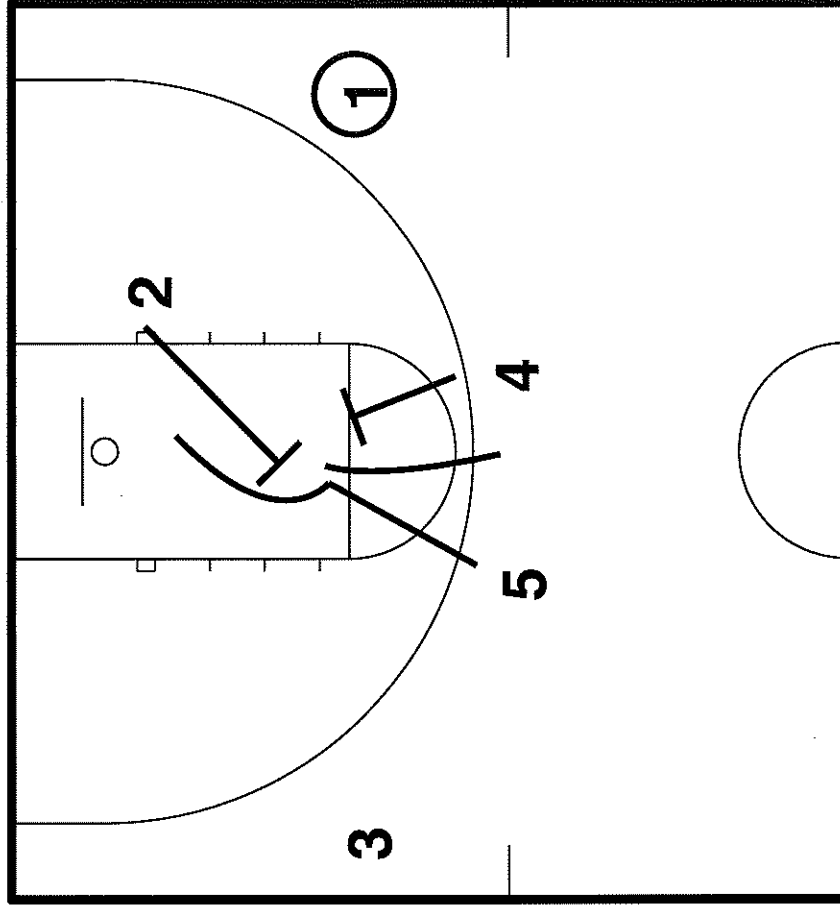
# SIDE 5



5stepsout  
4stepsout  
1cutdiagonallytowing  
4passesto1

VCU

Side5  
SOB

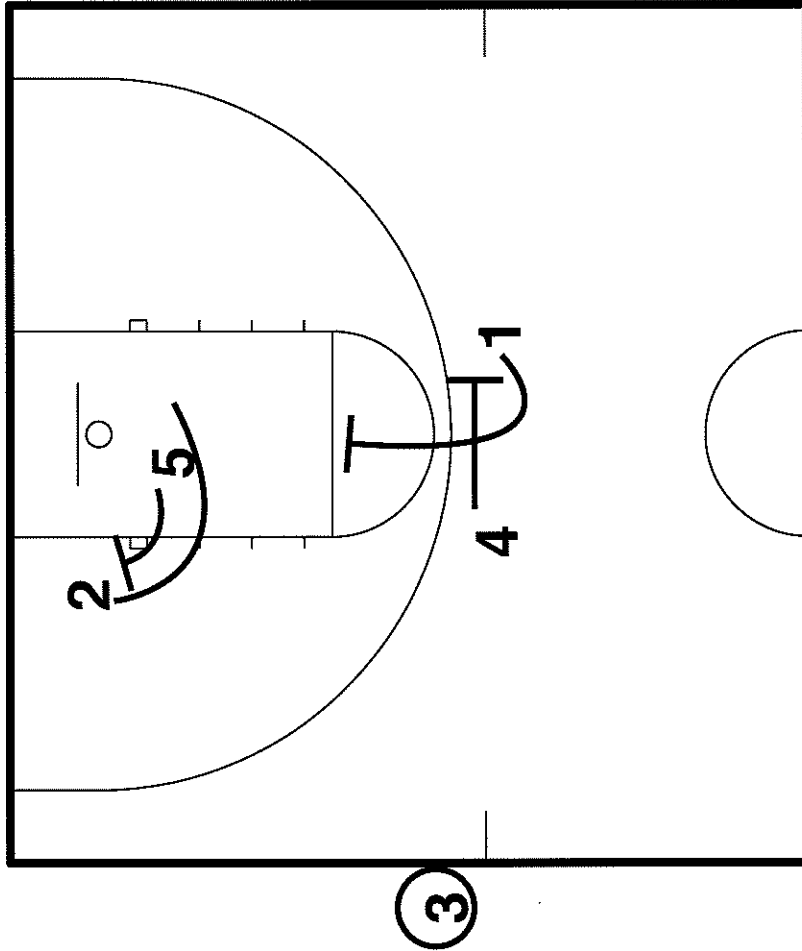


2back  
4screensdownfor  
5totheopost  
2tothetop

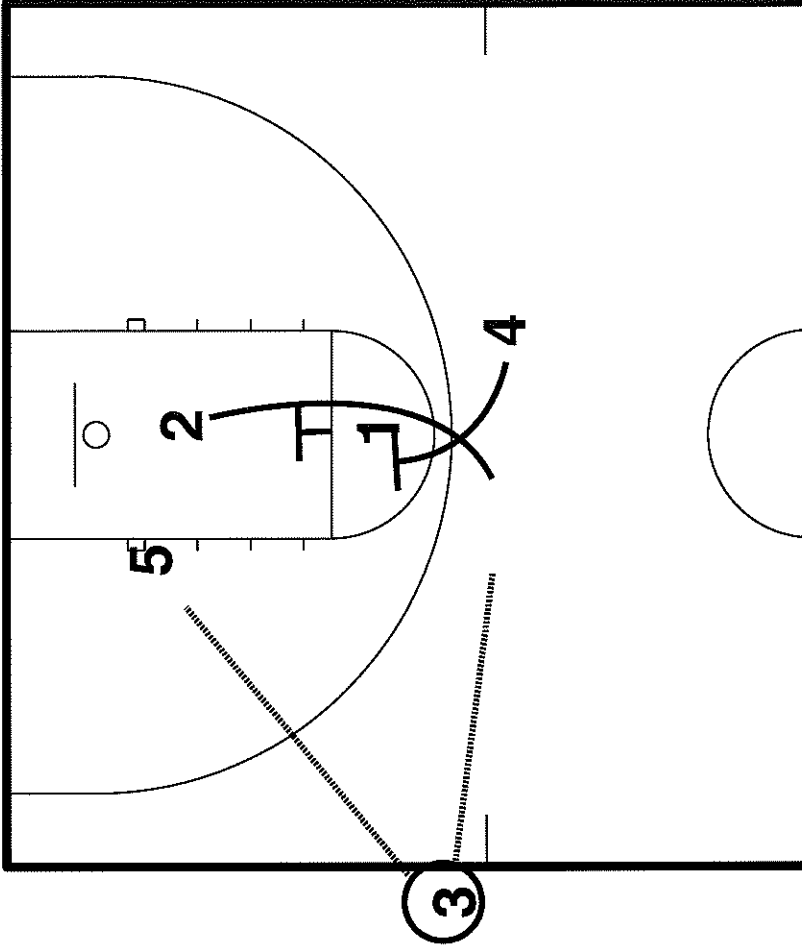


## VCU BASKETBALL

# VCU J.J. REDDICK Special Situations



4 screens across for 1  
 1 cur to foul line  
 5 set screen for 2 to middle of the lane



2 comes off stagger by 1 and 4  
 3 chooses between isolated 5 and 2 at



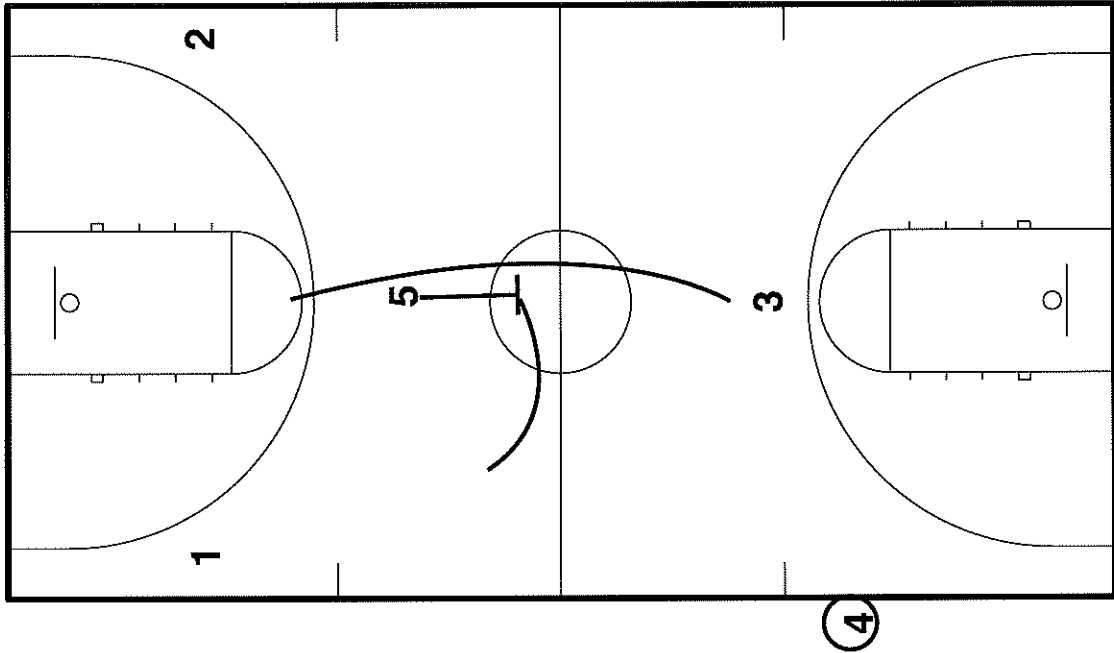
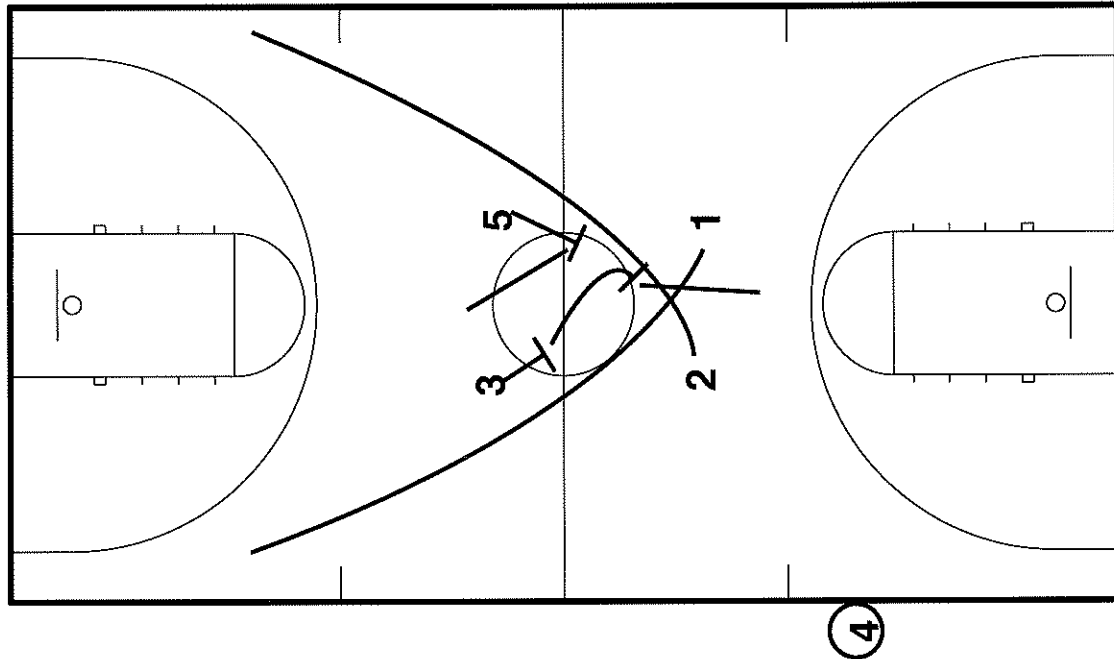
VCU BASKETBALL

VCU

VCU

# WINNER

Winner (L) Situations

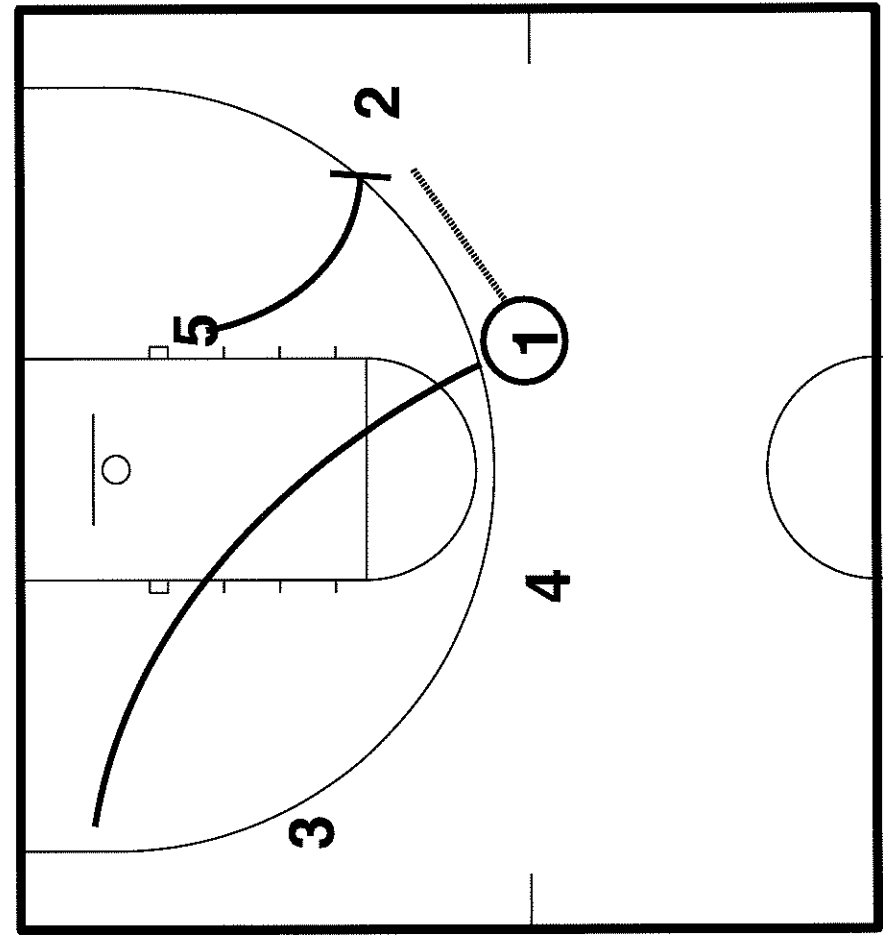


VCU BASKETBALL



VCU

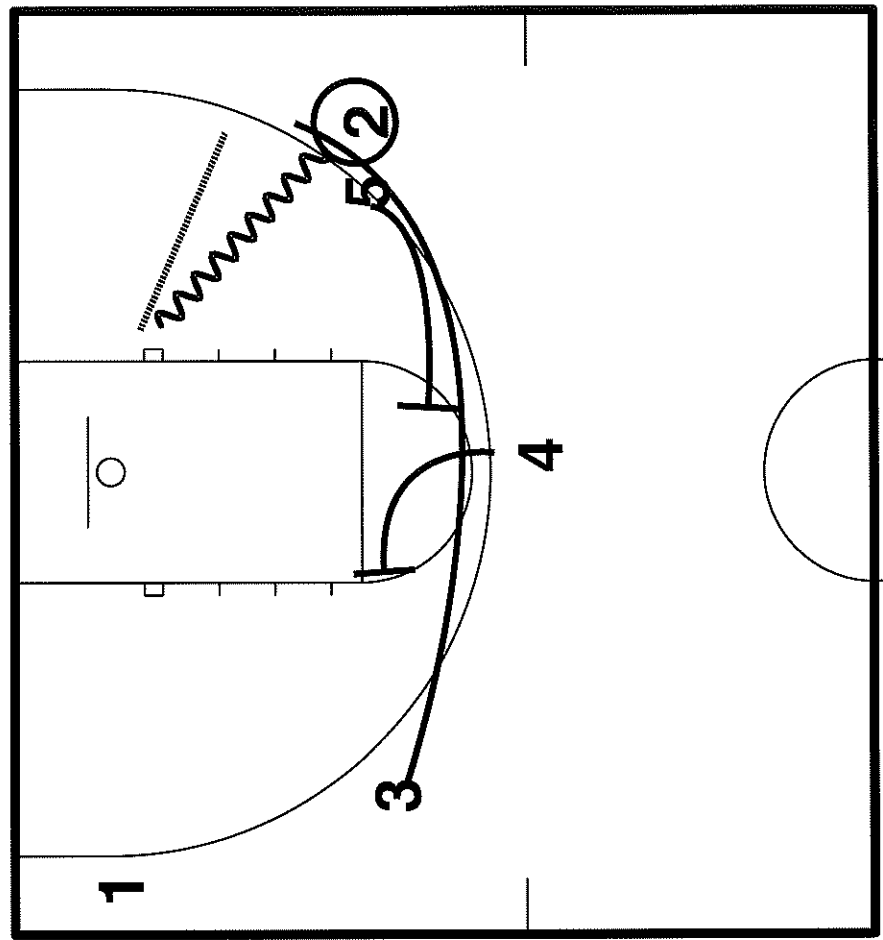
Rip(R)  
Secondary



weaksidcut  
amesideballscreenfor 2

VCU

Rip(R)  
Secondary



4&5stagger  
Throwback 3pt for 3  
awayon2'srefusal  
rip



VCU BASKETBALL



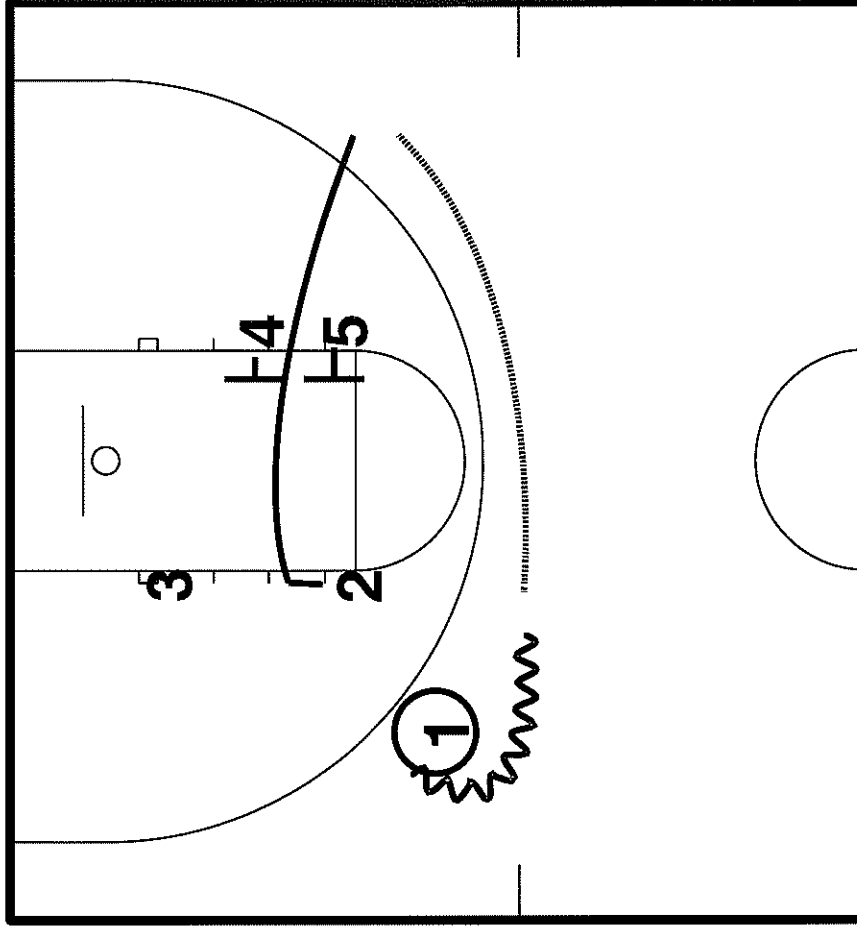
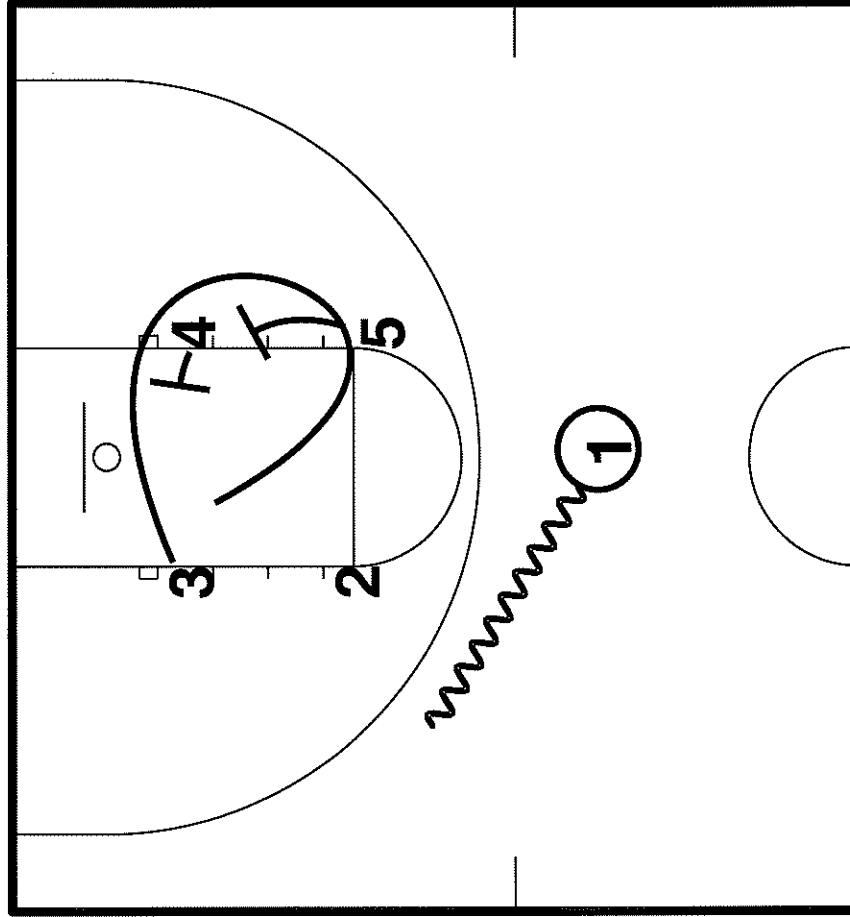
# STATE

VCU

VCU

State  
Special Situations

State  
Special Situations



3Curt/4and/5sstagger  
1dribbletoleft  
wing  
screen

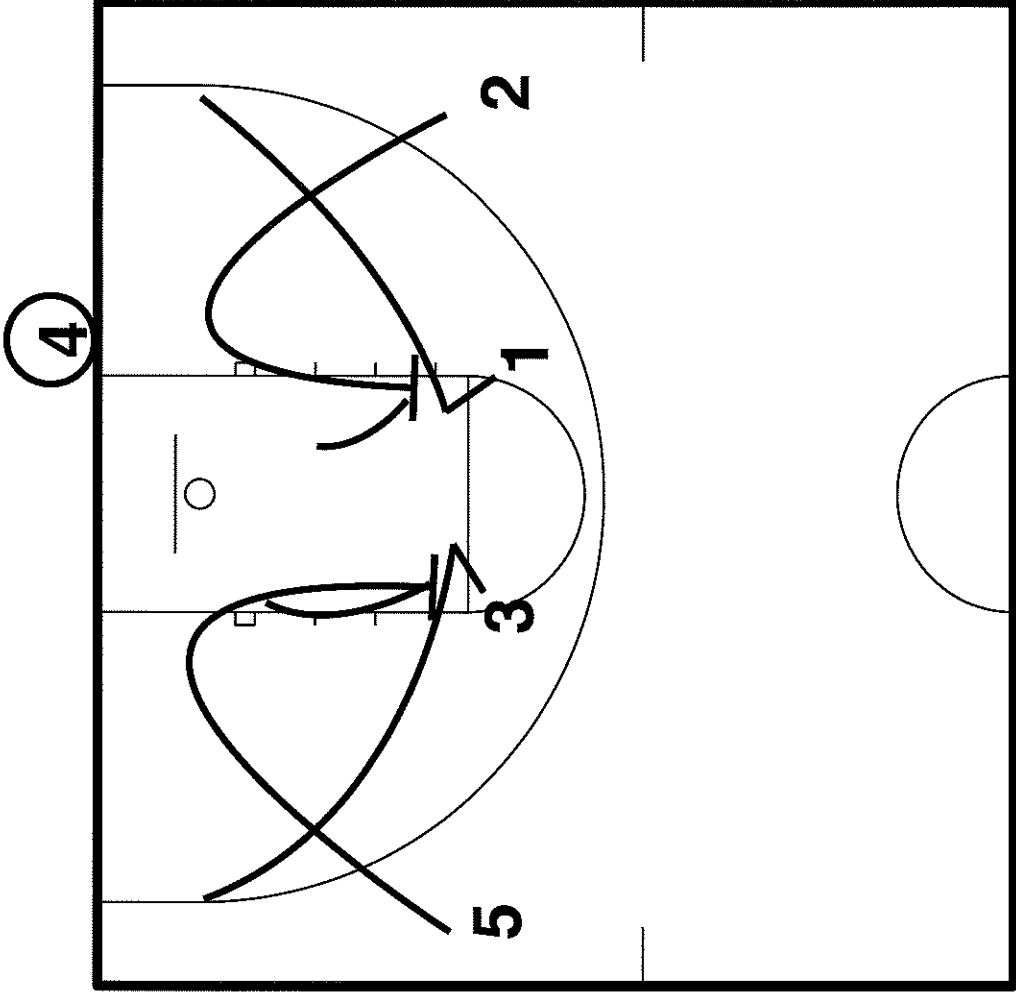
1spindribblesas2comessthroughthegate



VCU BASKETBALL

# BANANA

VCU  
Banana  
BLOB



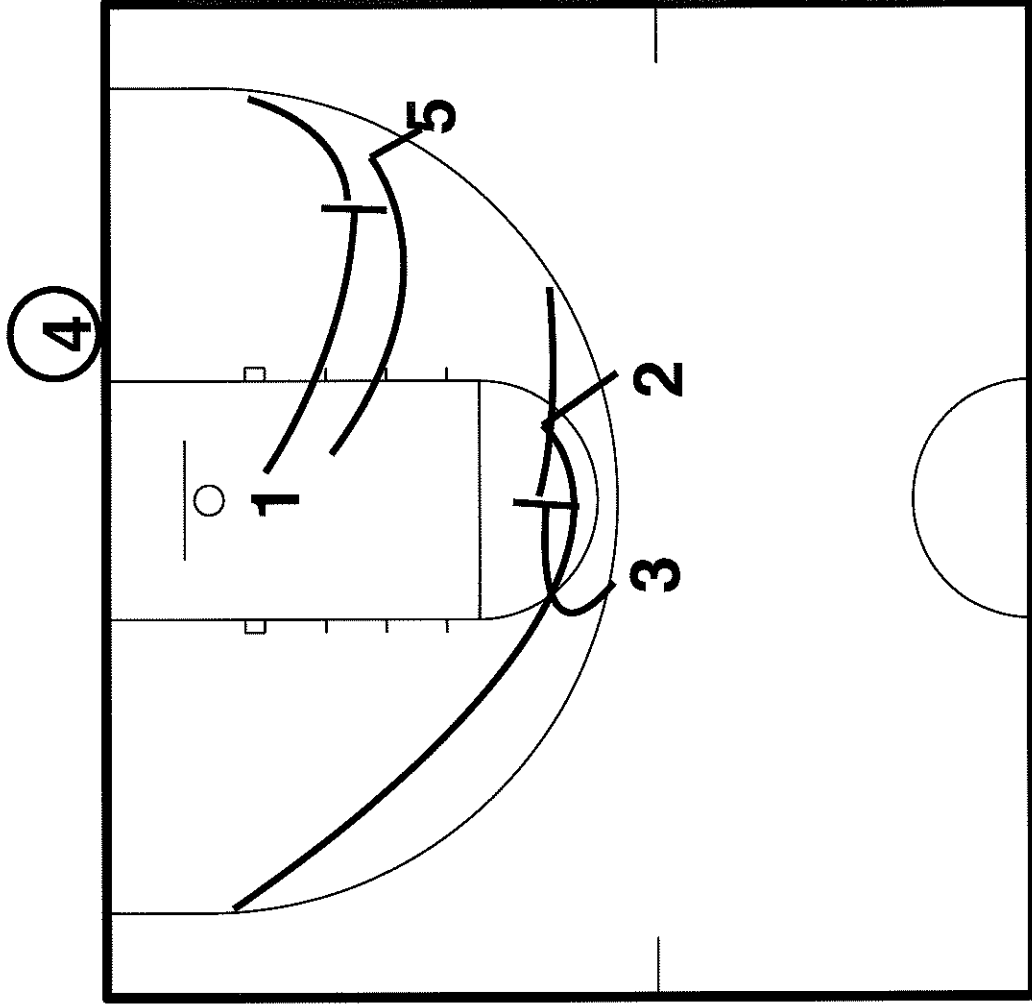
5&2Banana cut into screens for 3&1  
3 cut to corner  
2 slip back to ball

## VCU BASKETBALL



# NOVA

VCU  
nova(R)  
BLOB

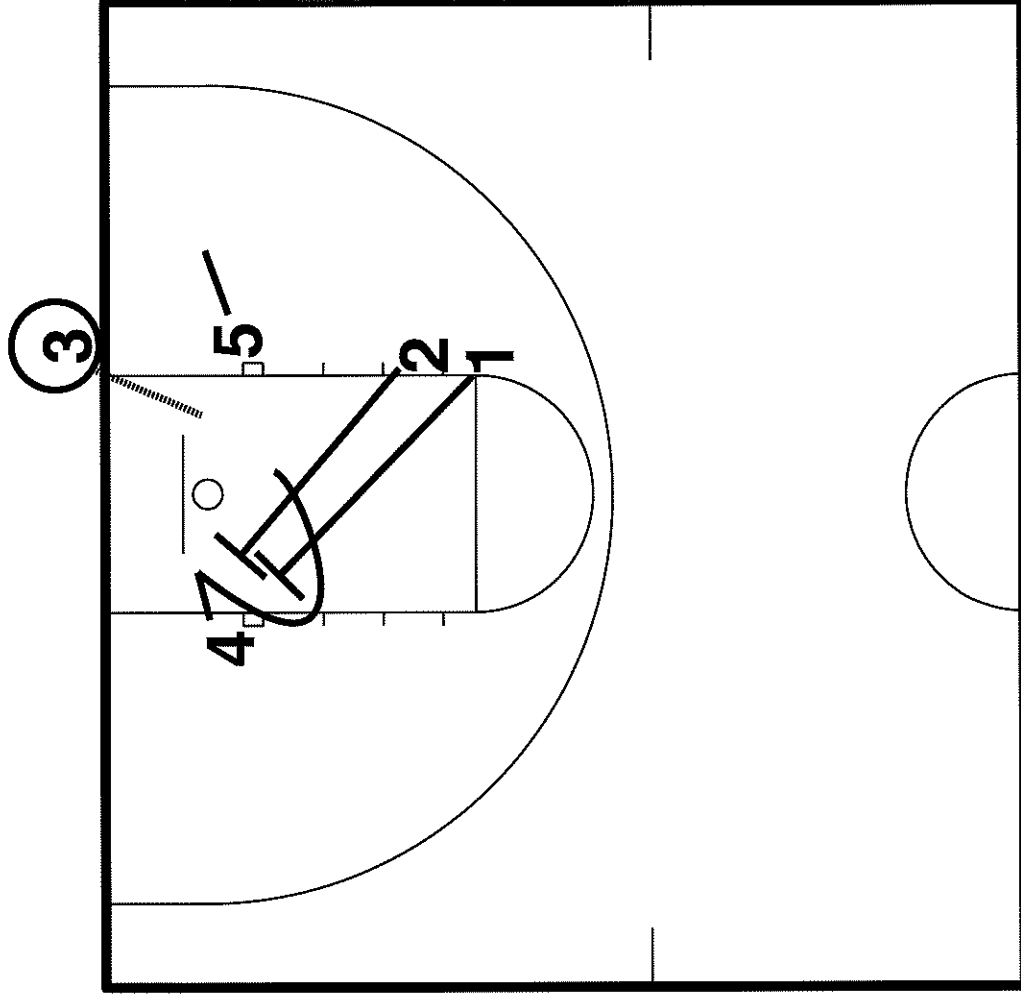


- 1 & 5 take hard steps in & away
  - 5 sprint so off
  - 1's backscreen
  - 1 slip to corner
  - 3 back screens 2,
  - 2 to deep corner
- VCU BASKETBALL**



# VCU RIM

runShot (m)  
BLOB



4tuck inonlap  
2&1sprint doublescreenfor  
4spinsoff for tipin

## VCU BASKETBALL



**WILL WADE**

**CELL: (804) 467-4742**

**EMAIL: [Fwwade@vcu.edu](mailto:Fwwade@vcu.edu)**

**VCU BASKETBALL**



## STAFFING RECOMMENDATIONS

- Video Room

- Find Head Video Coordinator (Woozie?)
- Make Natalie Full Time Staff (possibly Asst Video Coordinator title)
- Make Trey Full Time Staff (possibly Asst Video Coordinator title)
- Have one video intern
- Either One Head Video Coordinator (Woozie) & Two Assistants (Natalie & Trey)
- One Video/Basketball Operations Intern (primary function to log games)
- Send Full Time Video Staff to the following: Summer League, Sports Code Training, Fast Scout Training, Video Coordinator Conference
- NEEDS:
- Extend clips after transition, trim clips/shorten (takes a few min out of clips to make video more efficient & camera for video feed has a very high angle coming in late on plays and sometimes being too zoomed in too much (Seth recommended new equipment))

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# VCU BASKETBALL





# **OVERVIEW**

- **FULL COURT PRESS / BUILD UP DRILLS**
- **HALF COURT DEFENSIVE DRILLS**
- **BOB PLAYS VS. MAN / ZONE**
- **ZONE O CONCEPT / QUICK HITTERS**
- **LATE GAME SITUATIONS**

**VCU BASKETBALL**



# **WHAT ARE WE TRYING TO GET OUT OF THE PRESS**

- **TURNOVERS (LIVE BALL)**
- **QUICK / BAD SHOTS**
- **CREATE OFFENSIVE OPPORTUNITIES**
- **FORCE TEMPO / DISRUPT OFFENSIVE FLOW**
- **DIFFICULT TO PREPARE FOR**
- **MAKE OPPOSING PLAYERS DO THINGS THEY AREN'T COMFORTABLE DOING**
- **CREATE FATIGUE (CUMULATIVE EFFECT)**
  - **WHO GETS TIRED 1<sup>ST</sup>? / WHO RECOVERS QUICKEST?**
- **MAKE DEPTH A FACTOR (WHO'S 6-10 IS BETTER?)**
- **EXCITING STYLE OF PLAY (PLAYERS / FANS)**
- **IDENTITY / BRAND**



**VCU BASKETBALL**

# WHAT SHOULD YOU EMPHASIZE AS A PRESSING TEAM?

- **ENERGY (5 GUYS FLYING AROUND)**
  - “FOULING NEGATES HUSTLE”
- **COMMUNICATION**
  - “TALKING MAKES YOU QUICKER”
- **GETTING INTO THE PRESS QUICKLY**
- **DEFLECTIONS**
- **TRAPPING FUNDAMENTALS**
  - **WHEN TO TRAP? (GOOD TRAP VS. BAD TRAP)**
    - BALLHANDLER’S LEVEL OF CONTROL
    - ELEMENT OF SURPRISE
    - LOCATION ON THE COURT
  - **WHO TO TRAP?**
    - “ONE MAN TRAP”
  - **HOW TO TRAP?**
    - “ELASTICITY”
  - **OFF THE BALL**
    - “THINK LIKE A TRAPPER”



**VCU BASKETBALL**

# **WHAT SHOULD YOU EMPHASIZE AS A PRESSING TEAM?**

- **TAKING AWAY THE OBVIOUS PASS**
- **PRESSURING THE BALL (ESP MTOM)**
- **STUNTING**
- **BACK PRESSURE**
- **OUTNUMBERED SITUATIONS**
  - **2 VS. 1**
- **“FIX IT” SITUATIONS**
- **DEFENDING MULTIPLE POSITIONS**
  - **FRONT OF PRESS**
  - **BACK OF PRESS**



# **DIAMOND PRESS**

- **MADMAN = ON BALL, BEAT PASSER TO THE BALL, BE ACTIVE, ANGLE YOURSELF WITH THE BACKBOARD**
- **3 MAN = 1<sup>ST</sup> PLAYER TO LEFT OF 4, INSIDE SHOULDER / EVEN – DON'T DENY THE BALL INBOUNDS, NO SIDELINE**
- **2 MAN = 1<sup>ST</sup> PLAYER TO RIGHT OF 4, FT LINE TO CLOSE DOWN (NO SIDELINE), INTERCEPTOR HIGH**
- **1 MAN = GET BACK, MATCH UP WITH NEXT GUY OVER TOP ON THE BALL SIDE, INTERCEPTOR SIDELINE**
- **5 MAN = DEEP AS THE DEEPEST TO 1/2 COURT, 2 ON 1 GUY, PROTECT THE RIM – NOTHING EASY**



**VCU BASKETBALL**

# DIAMOND TEACHING POINTS

- CANNOT GET BEAT SIDELINE
- CONTROL THE DRIBBLE / CORRAL
- ACTIVE TRAPS AND ROTATIONS – DEFLECT PASS BACK TO 4 MAN
- COMMUNICATE = 2/3, 4/5 CAN SWITCH BASED OF OFFENSIVE POSITIONING
- THROWBACK TO 4 = STUNT AND RETREAT, GET READY TO COME AGAIN
- STAY IN IT UNTIL A DEEP, PENETRATING PASS
  - BACK TIPS, BACK PRESSURE, WEAKSIDE SPRINT TO RIM
- TALK, MATCH UP, FIX IT

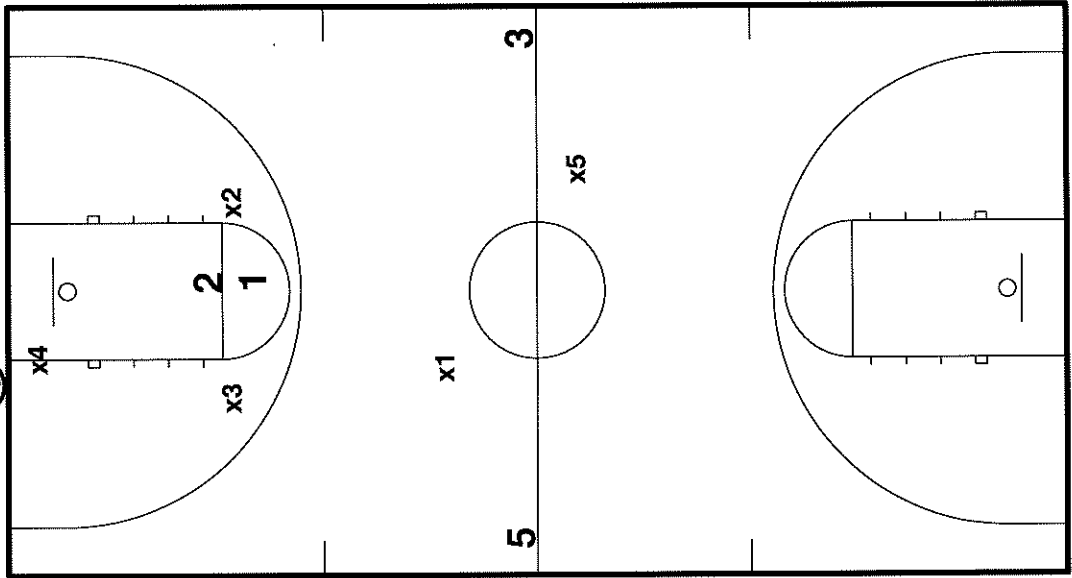


# DIAMOND PRESSES

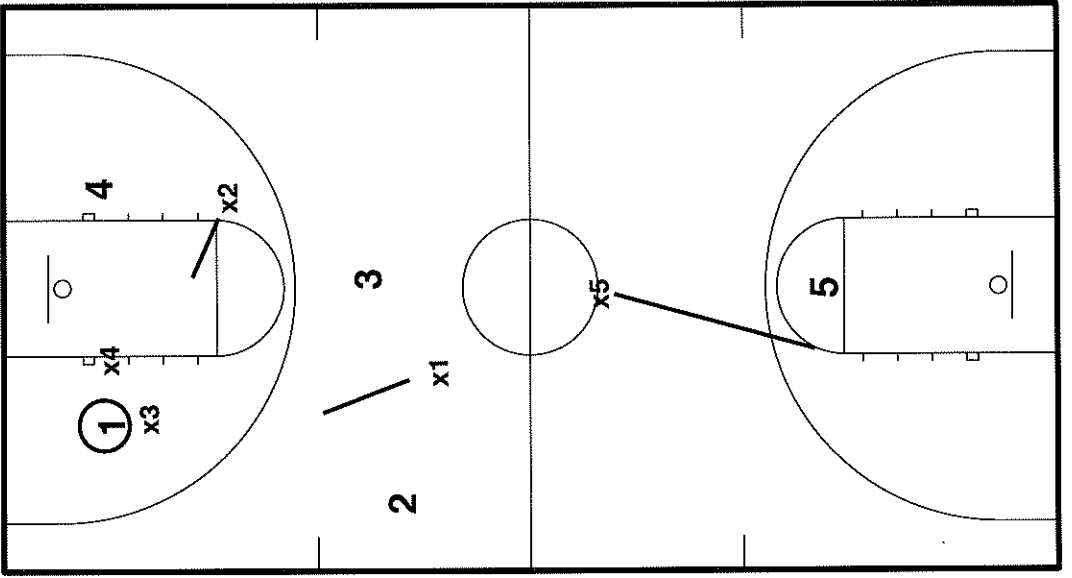
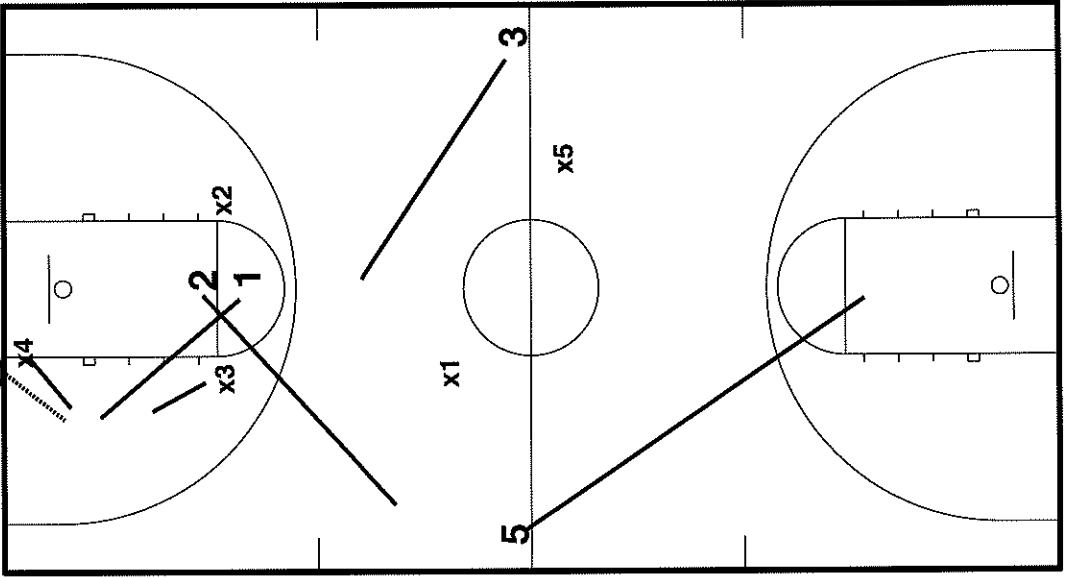
VCU

VCU

④



④



VCU BASKETBALL

# DOUBLE FIST

- **MATCH UP AND COMMUNICATE IMMEDIATELY – 4/5, 2/3, 1**
- **MAD MAN INFLUENCE TO BALL SIDE**
- **INSIDE SHOULDER / ARRIVE ON THE CATCH**
- **1/3<sup>RD</sup> THE DISTANCE = STUNT**
- **FORCE IN THE ALLY / STUNT – SHRINK THE FLOOR**
- **3 STRIDE RULE – TRAP THE TURN AND UP**
- **CLEAROUT = FA AT TOP OF THE KEY = TRAP TURN / CORRAL DRIBBLE**



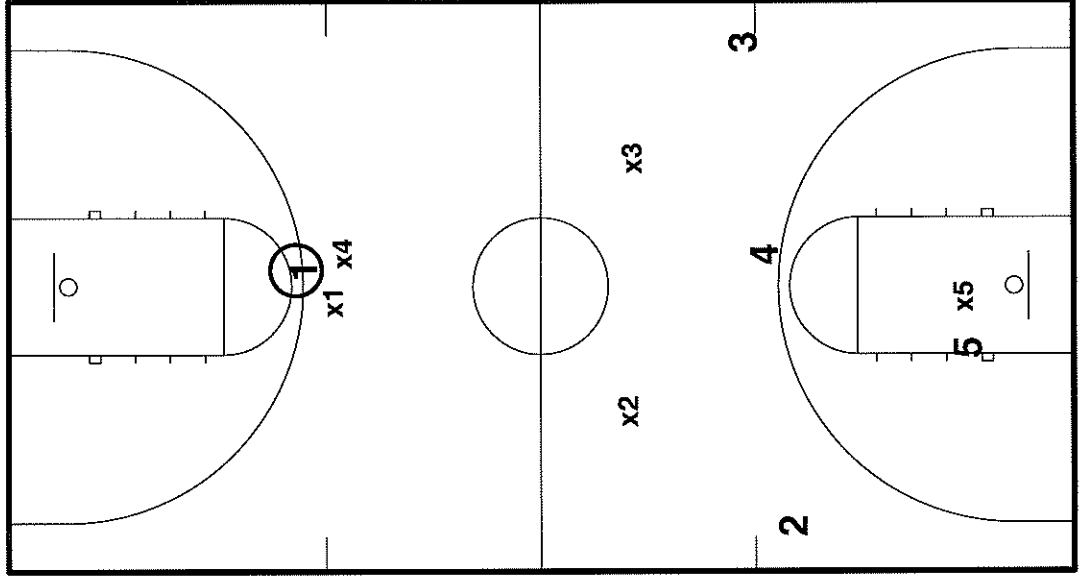
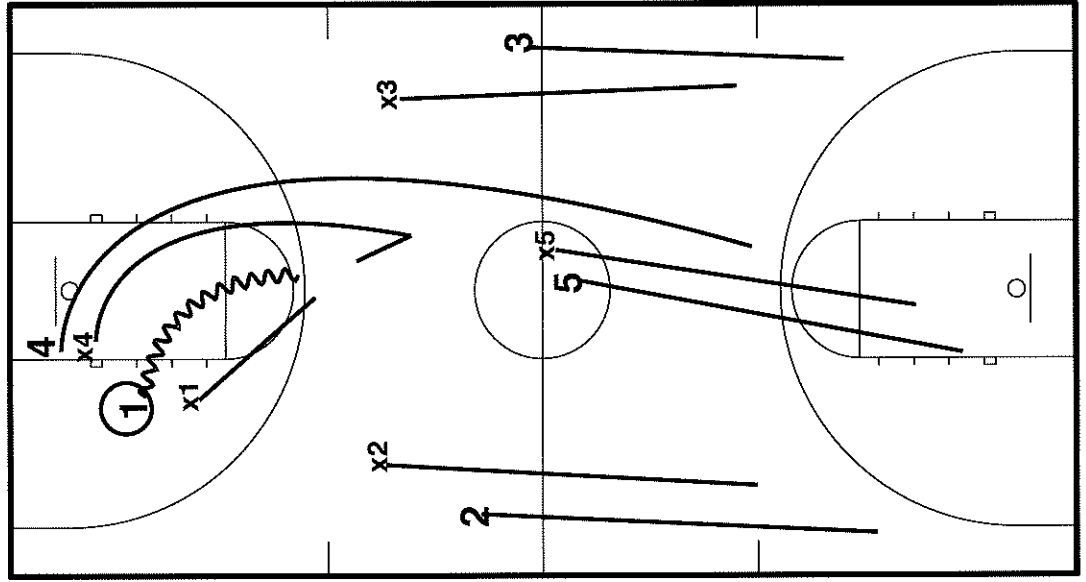
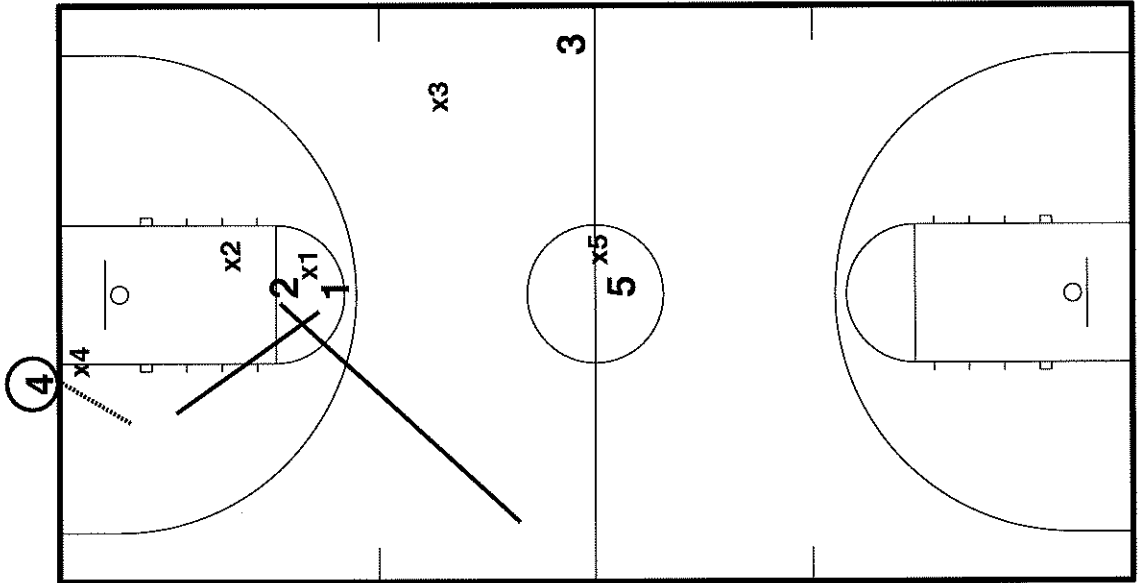


# VCU DoubleFist Press

# VCU DoubleFist Press

# VCU DoubleFist Press

# VCU DoubleFist Press



VCU BASKETBALL

# TRAPPING

- **NO SPLITS / NO FOULS**
- **BE PHYSICAL WITH YOUR LOWER BODY**
- **OBVIOUS PASS = EYES AND SHOULDERS / BE ELASTIC**
- **PENETRATING PASS = 1<sup>ST</sup> 3 STEPS, SPRINT BACK AND FIX IT**



# **SIDE DIAMOND**

- **TURN DIAMOND ON THE SIDELINE**
- **1 TRAP AND SPRINT OUT**
  - **MIDLINE AND BACK OR SHORT PASS UP COURT**
- **KEEP THE BALL OUT OF THE MIDDLE**
- **CLOSER TO FRONTCOURT = PROTECT THE MIDDLE EVEN MORE**



**VCU BASKETBALL**

# **SIDE DIAMOND**

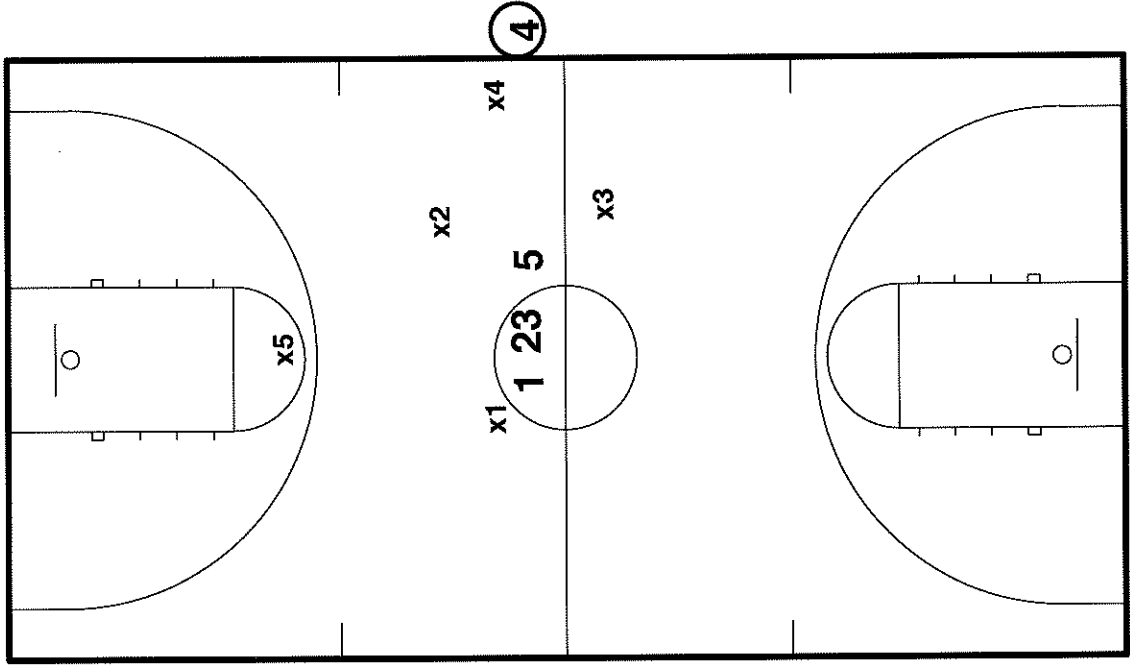
- **MADMAN = ON BALL, ANGLE MORE AS YOU ARE IN THE BACKCOURT, TRAP 1<sup>ST</sup> PASS IF WITHIN 3 STRIDES**
- **2 MAN = BACKCOURT GUY, FACE BALL, TAKE AWAY THE INBOUNDER**
- **3 MAN = FRONT COURT, FACE BALL, MAKE SURE NO ONE IS BEHIND HIM**
- **1 MAN = ROVER, FREE SAFETY WHO FACES DOWN THE BALL, MATCH UP DEEP AS DEEPEST IF BEHIND HIM**
- **5 MAN = ENFORCER, COVERS THE BASKET, COMES UP WITH BACK GUY IF HE FLASHES**



**VCU BASKETBALL**

VCU

# SIDE DIAMOND



VCU BASKETBALL

# **PRACTICING THE PRESS**

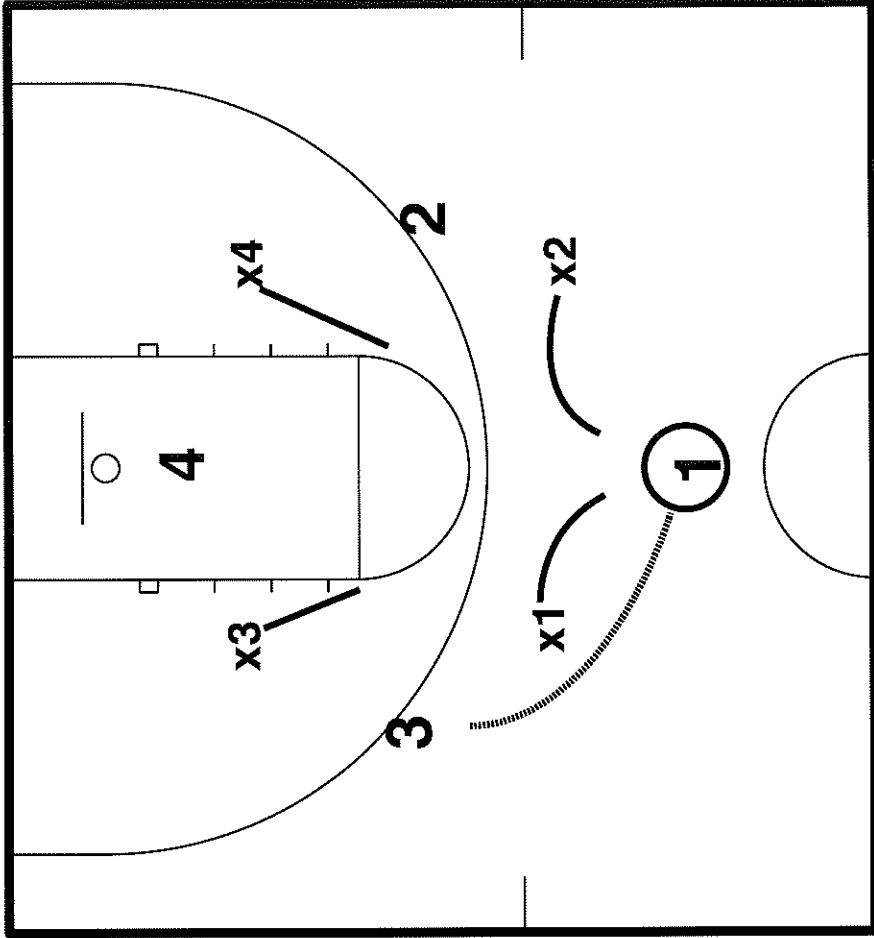
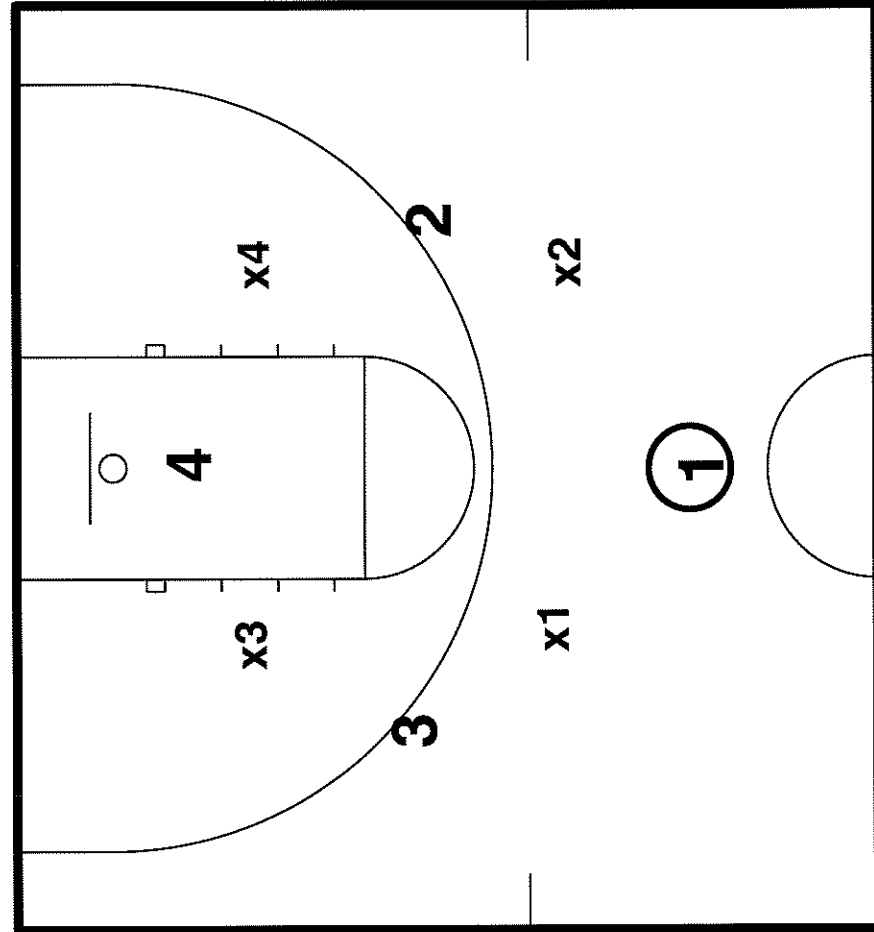
- **CIRCLE TRAP**
  - **TRAPPING FUNDAMENTALS, INTERCEPTORS READS**
- **TRAP TRANSITION**
  - **BACK TIPS, BACK PRESSURE, TALK & FIX IT**
- **TRIANGLE FAST BREAK**
  - **BACK TIPS, BACK PRESSURE, TALK & FIX IT**
- **444**
  - **GET INTO PRESS QUICKLY, CONDITIONING**
- **1 VS 1 BUILDING TO 4 VS 4 – ON BALL AND STUNTING**
  - **ON BALL PRESSURE, STUNTING, KEEPING THE BALL IN THE RIGHT PARTS OF THE COURT, TRAPS**



**VCU BASKETBALL**

# CIRCLE TRAP

VCU Circle Trap Drills



x1 and x2 trap the ball  
x3 and x4 become interceptors

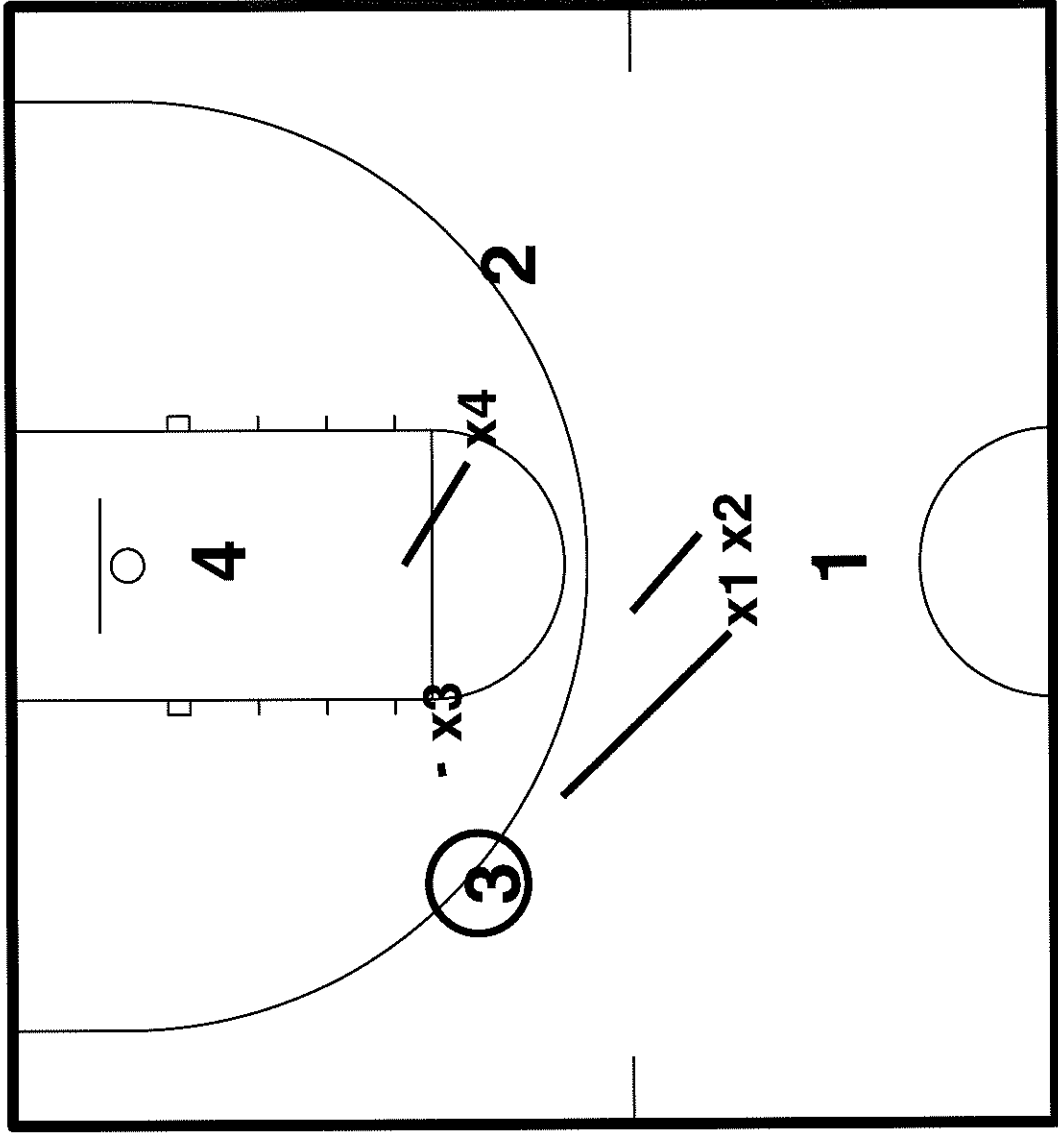


VCU BASKETBALL

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# CIRCLE TRAP

VCU  
Circle Trap  
Drills



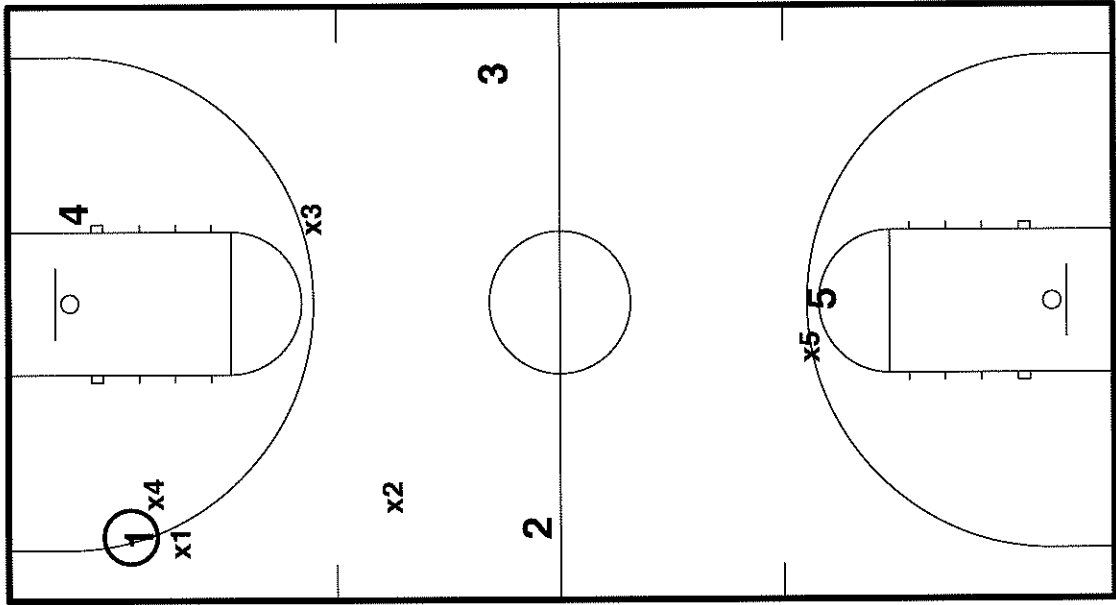
VCU BASKETBALL





# TRAP TRANSITION

VCU  
Trap Transition  
Drills

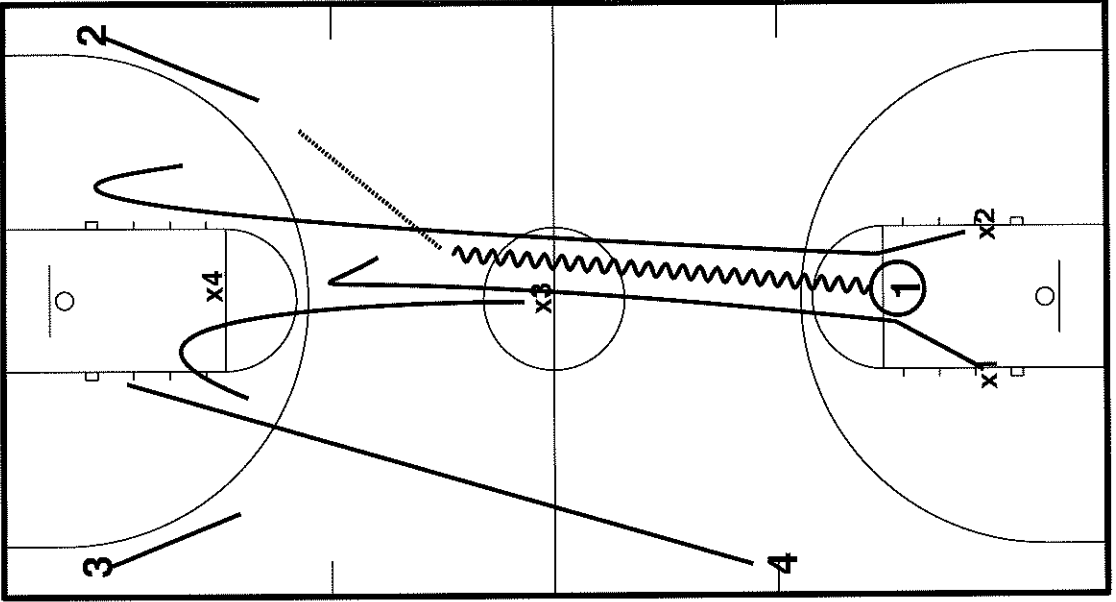
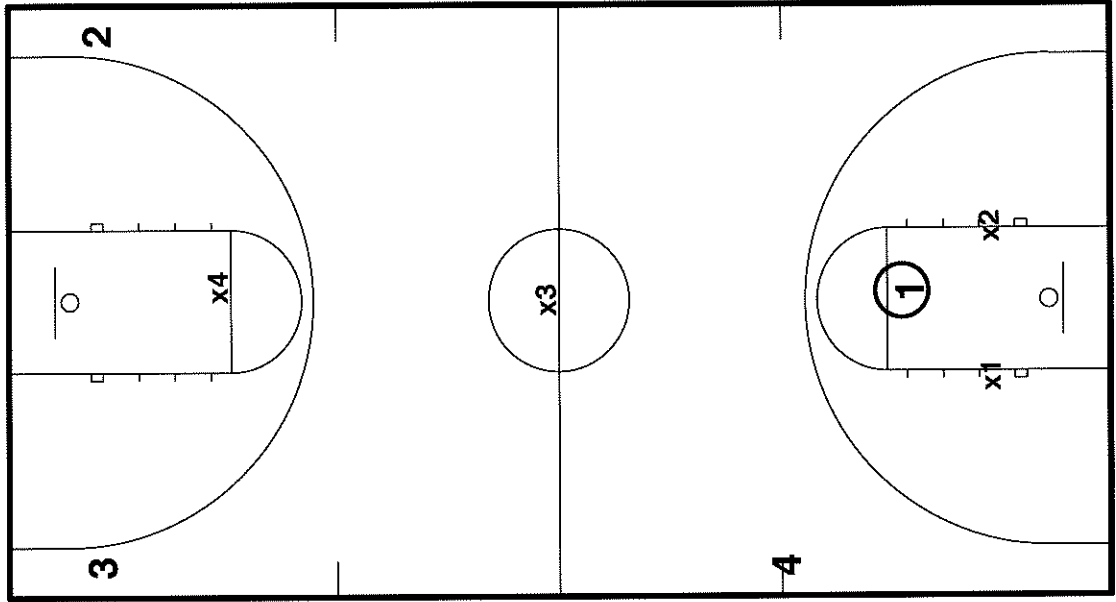


**VCU BASKETBALL**

A Guard starts with the ball for 2 seconds, then he can pass out to the other side of the court.

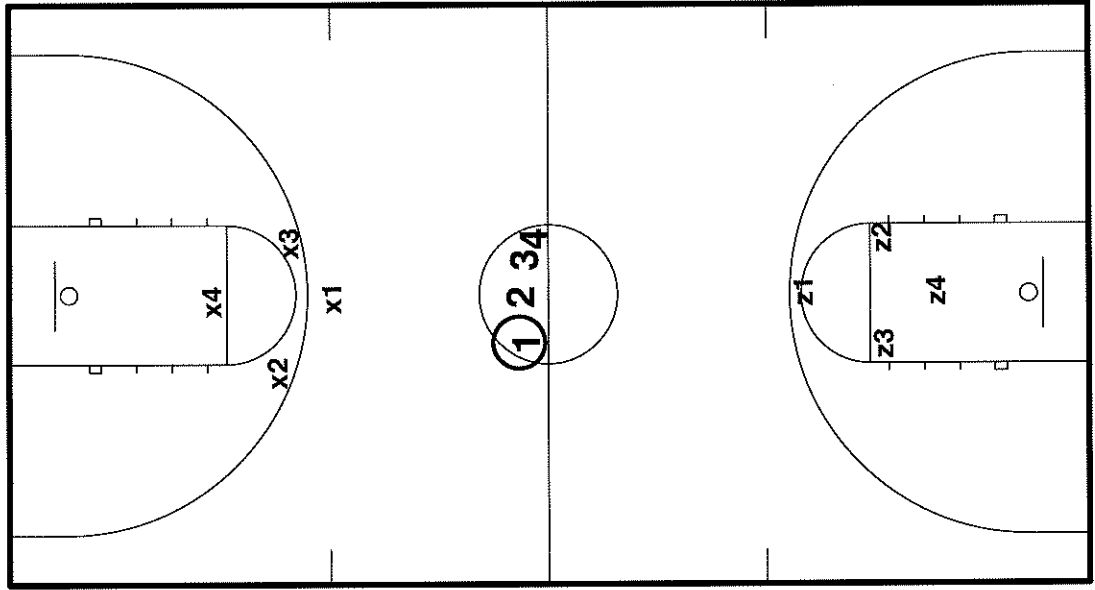
# TRIANGLE FAST BREAK

VCU  
Butler Transition Drills



VCU BASKETBALL

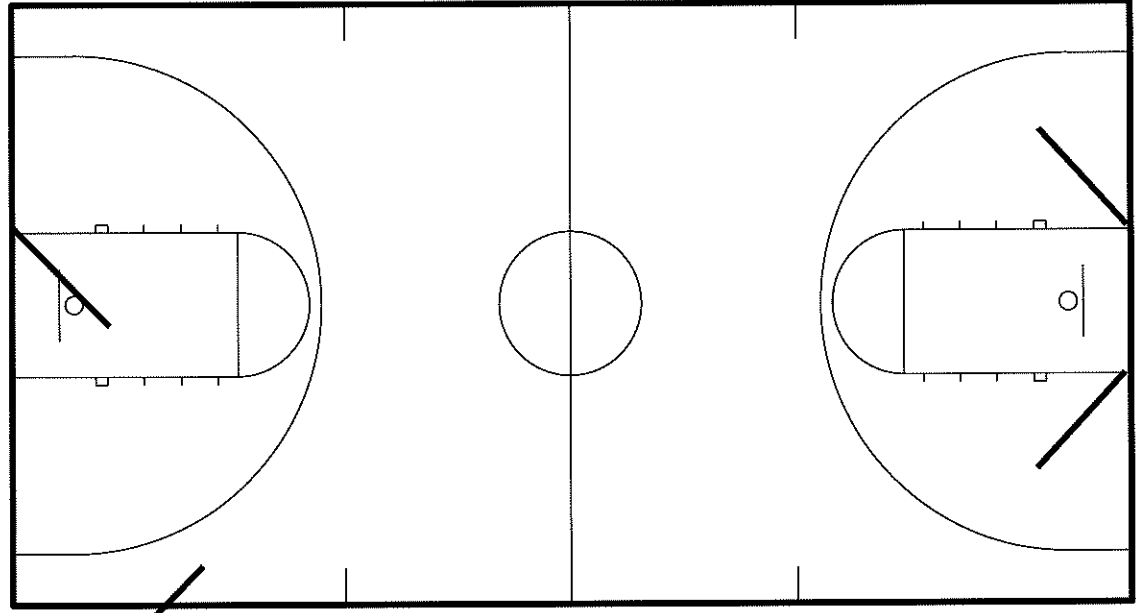
# VCU 444 Drills





# 1v1 BUILDING TO 4v4

Pressing Lines  
Drills



**VCU BASKETBALL**

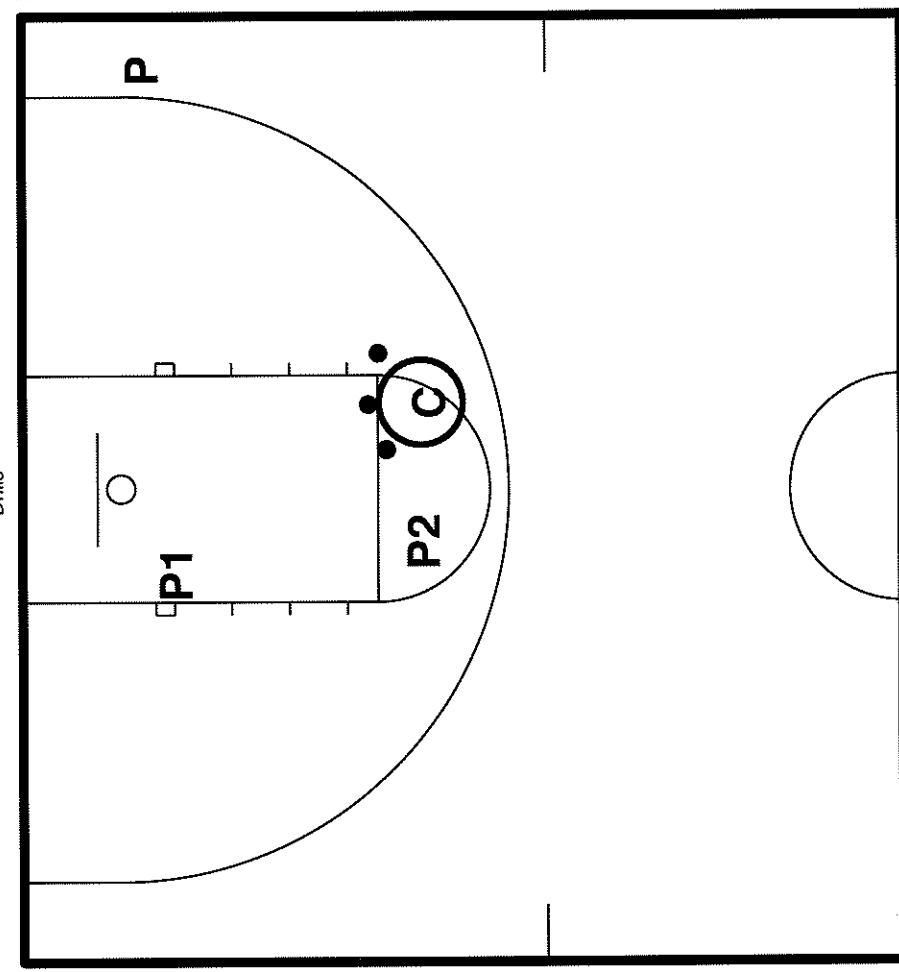
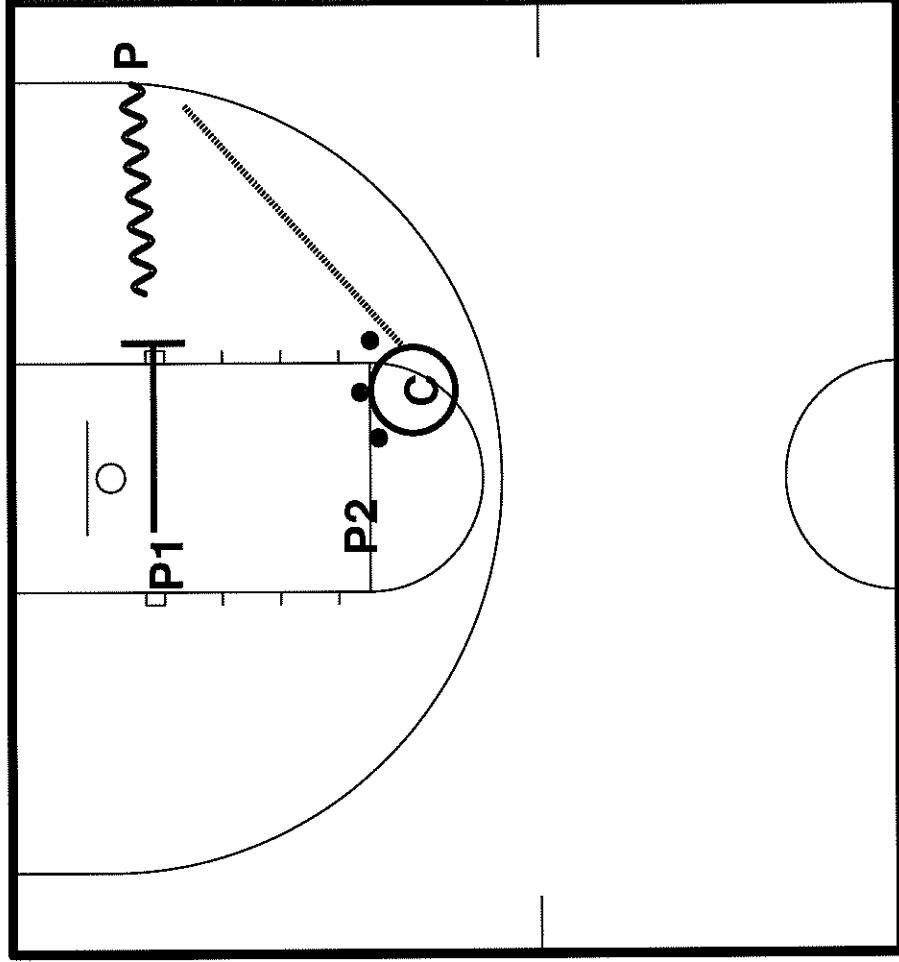
# **HALF COURT DEFENSIVE DRILLS**

- **IRONMAN DRILL**
  - **CHARGE (3 PER GAME), LOOSE BALL, SAVE IT GOING OUT OF BOUNDS (SPECIFIC SPOT?)**
- **BROCKPORT DRILL**
  - **CHARGE, ROTATION, PLAYING OUT OF A SCRAMBLE SITUATION**
- **BUTLER TRANSITION DRILL**
  - **OUTNUMBERED IN TRANSITION, HOLD FORT FOR 7 SECONDS**
- **BALLSCREEN SCRAMBLE DRILL**
  - **SHOW AND GO, STUNTS, SCRAMBLE**



# IRONMAN VCU

IronmanDrill Drills



P1 is the player in the drill  
 P2 is his partner (receiver, encourages, etc.)  
 C is a coach who throws/passes the balls (starts/w/ delivering the charge)  
 P is the player 3)

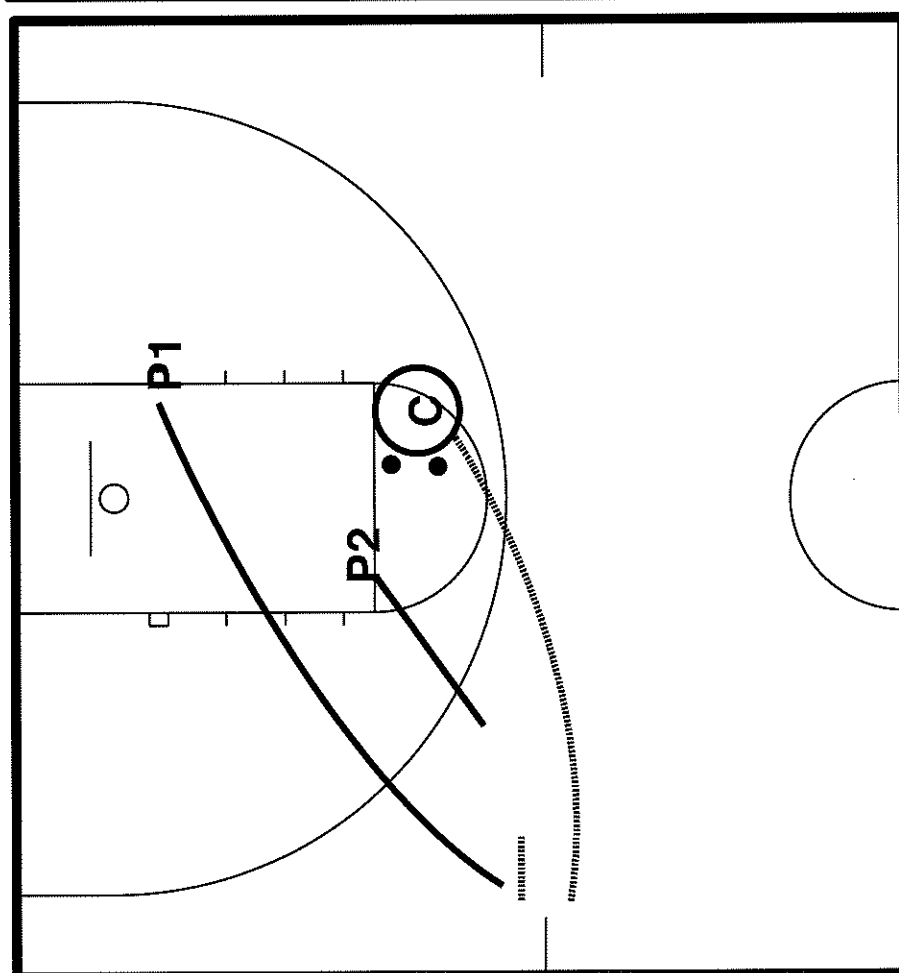
Coach passes player in corner the ball  
 Player drives to basket hard  
 P1 moves over from opposite block to take charge  
 P1 gets up immediately



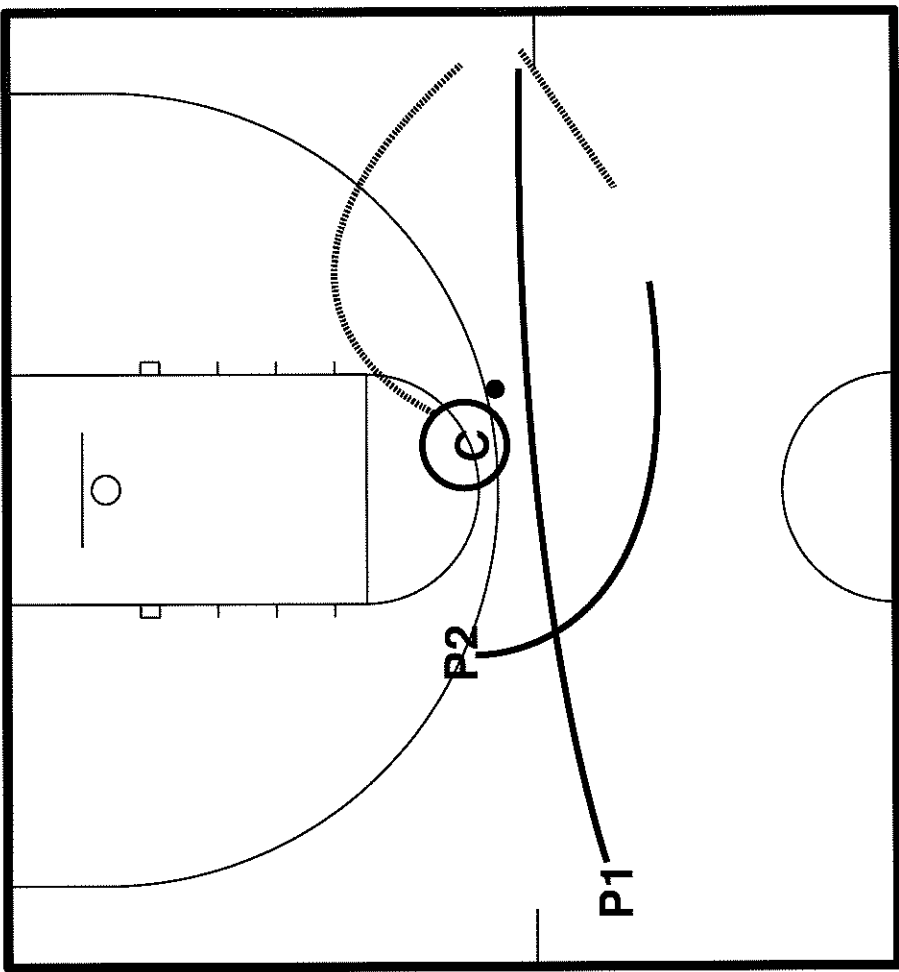
## VCU BASKETBALL

# IRONMAN

VCU  
IronmanDrill  
Drills



Coach rolls 2nd ball towards sideline  
P1 has to sprint and dive to save it  
P1 saves ball to P2



Coach throws 3rd ball toward opposite sideline  
P1 sprints to save ball (jump snare)  
P1 saves ball to P2 who meets the pass  
The whole team gets pumped for his hustle!



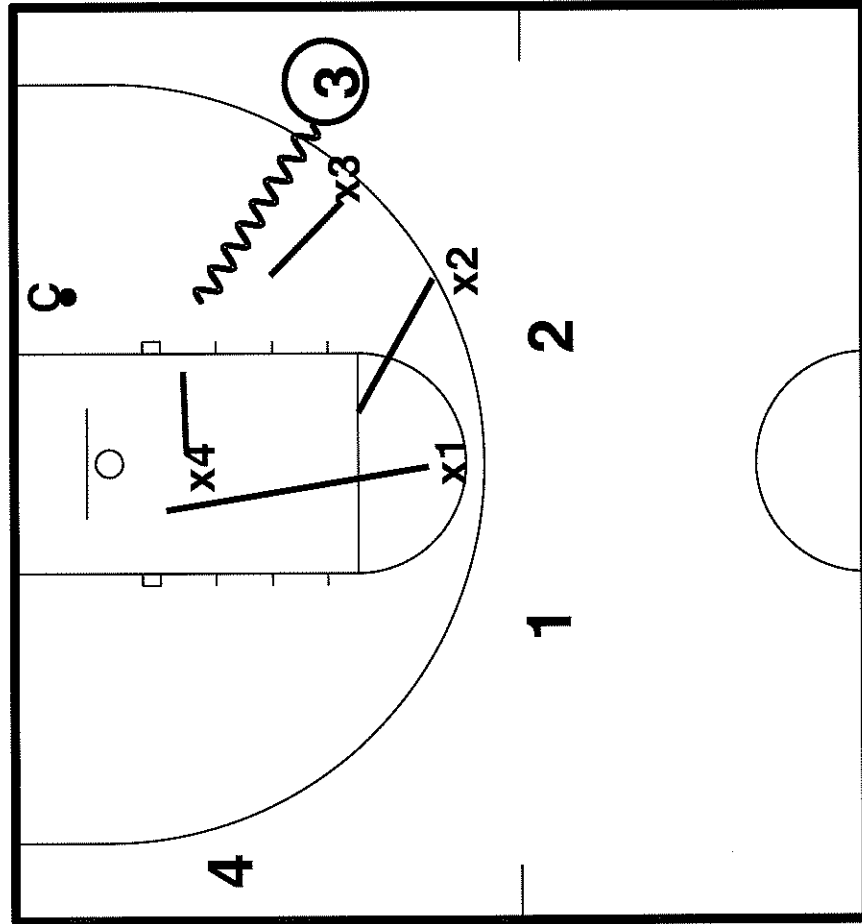
## VCU BASKETBALL

All Contents Proprietary

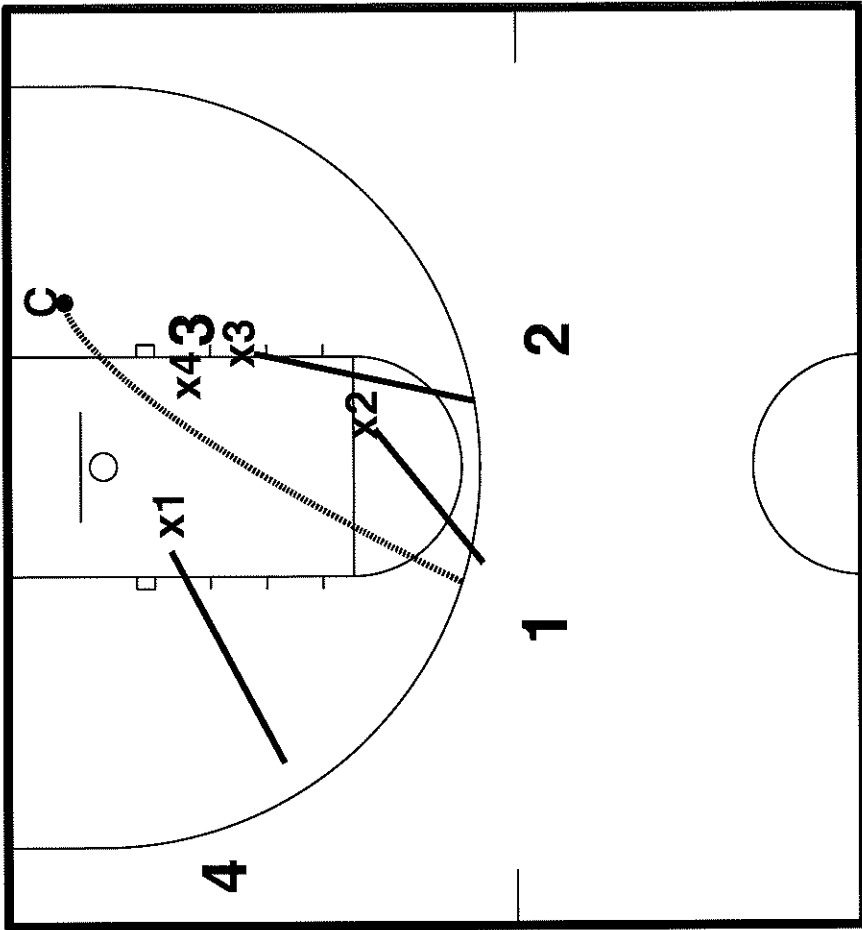
All Contents Proprietary

# BROCKPORT VCU

Brockport Drills



3 drives baseline  
 4 takes charge outside the launching pad  
 1 sinks to take away big  
 2 fills to take passout



Coach passes out and 2 takes first pass  
 Players must communicate the scramble situation

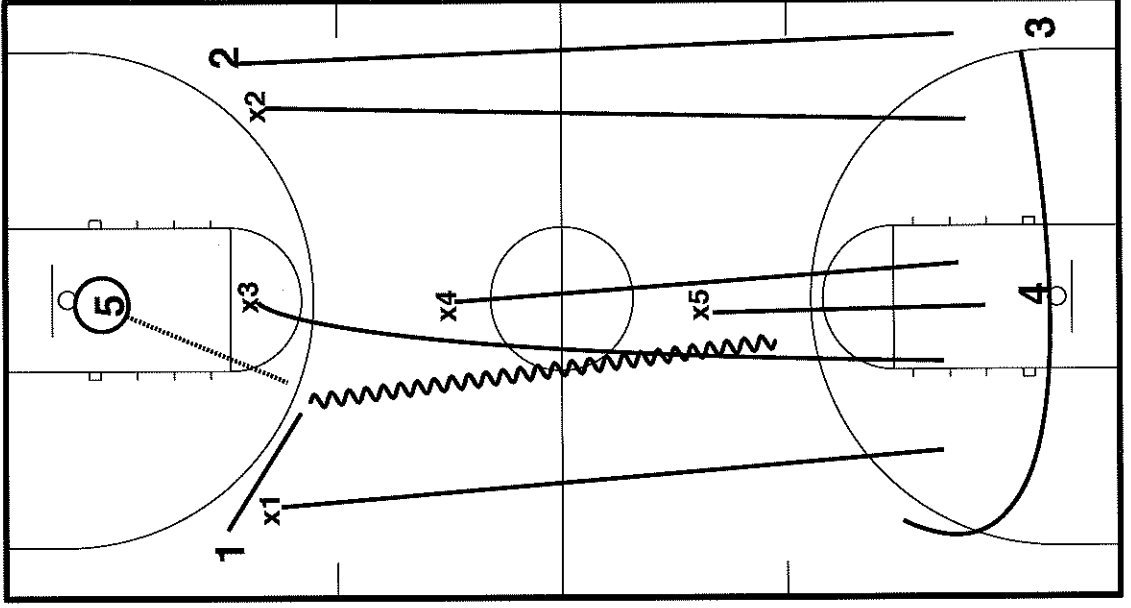
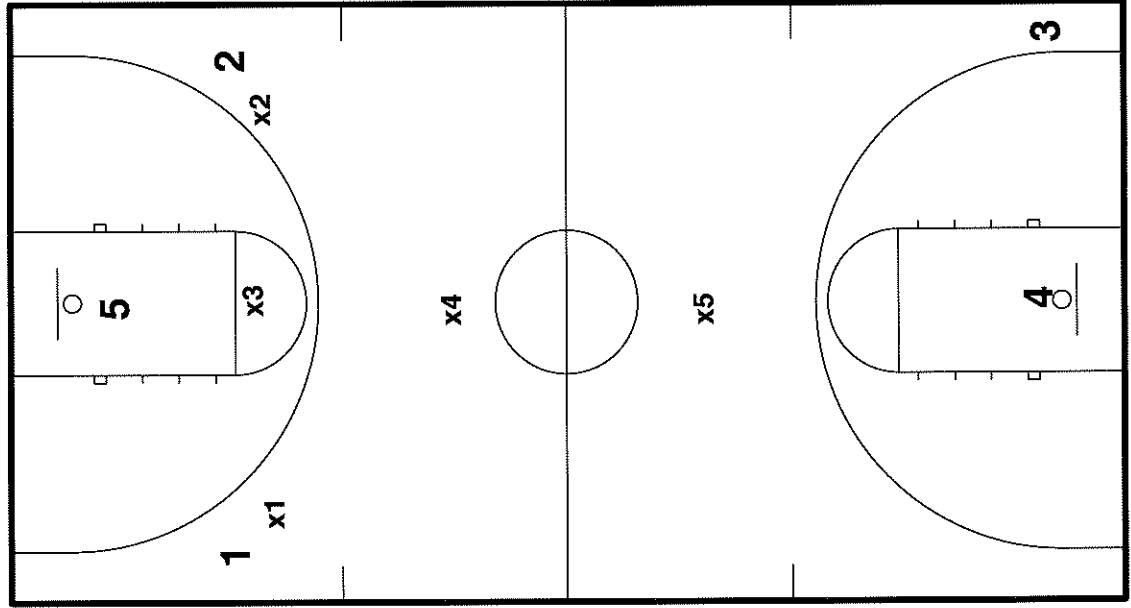


VCU BASKETBALL



# BUTLER TRANSITION

VCU Butler Transition Drills



7SecondsonShot  
x3shootsaFT

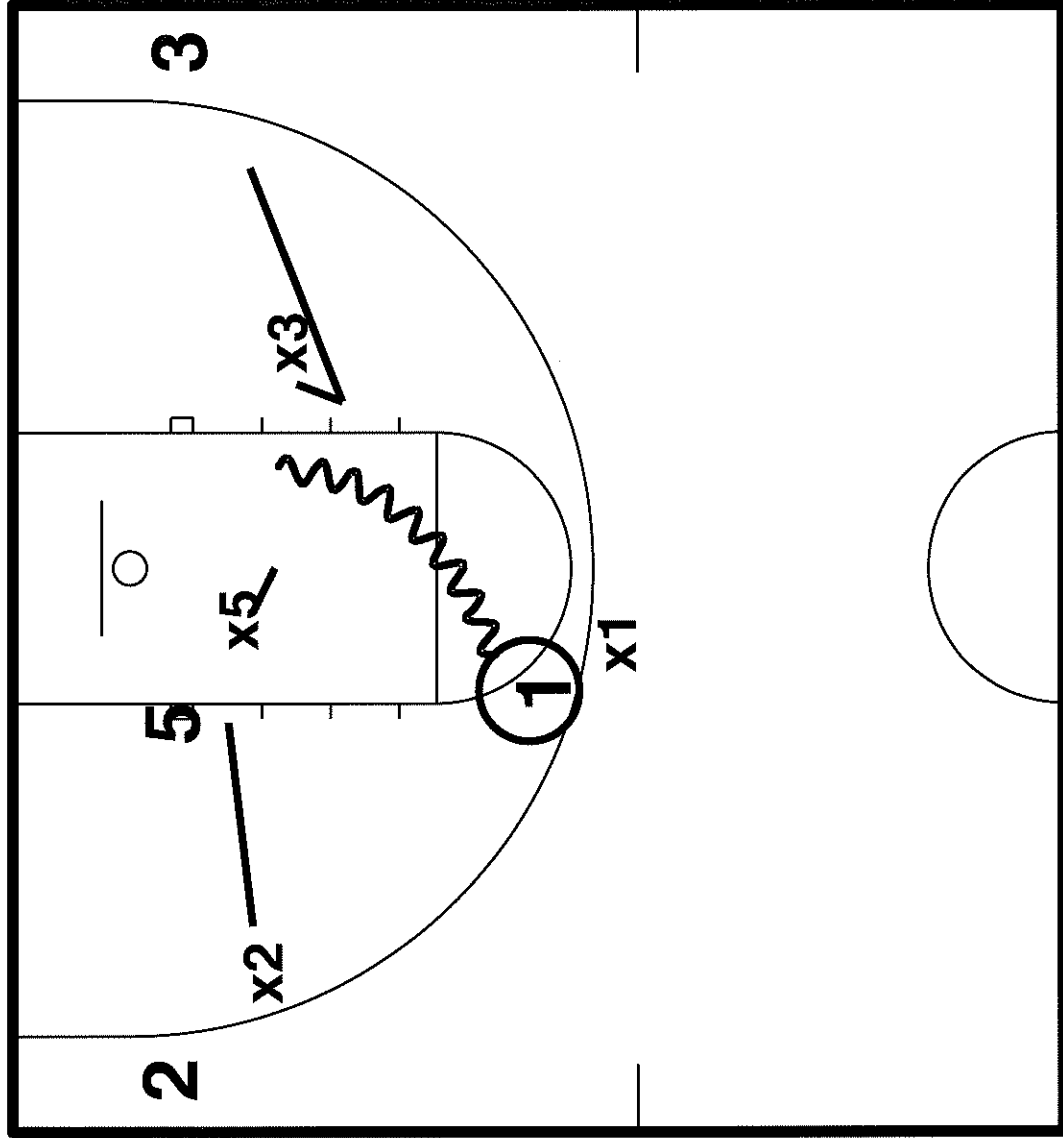
Clock

VCU BASKETBALL  
Defense: stay close to the basket, back and rebound out  
Offense: can only shoot if they have a wide open shot



# BALLSCREEN SCRAMBLE

Ballscreen Scramble Drills



1hasbeatenx1  
x3showsandgoes  
x5squaresuplate

VCU BASKETBALL



# **BOB PLAYS**

- **11**
  - **BOTH BIGS, SHOOTER**
- **40**
  - **1 BIG, SHOOTER**
- **SLIP (VS. ZONE)**
  - **4 MAN**

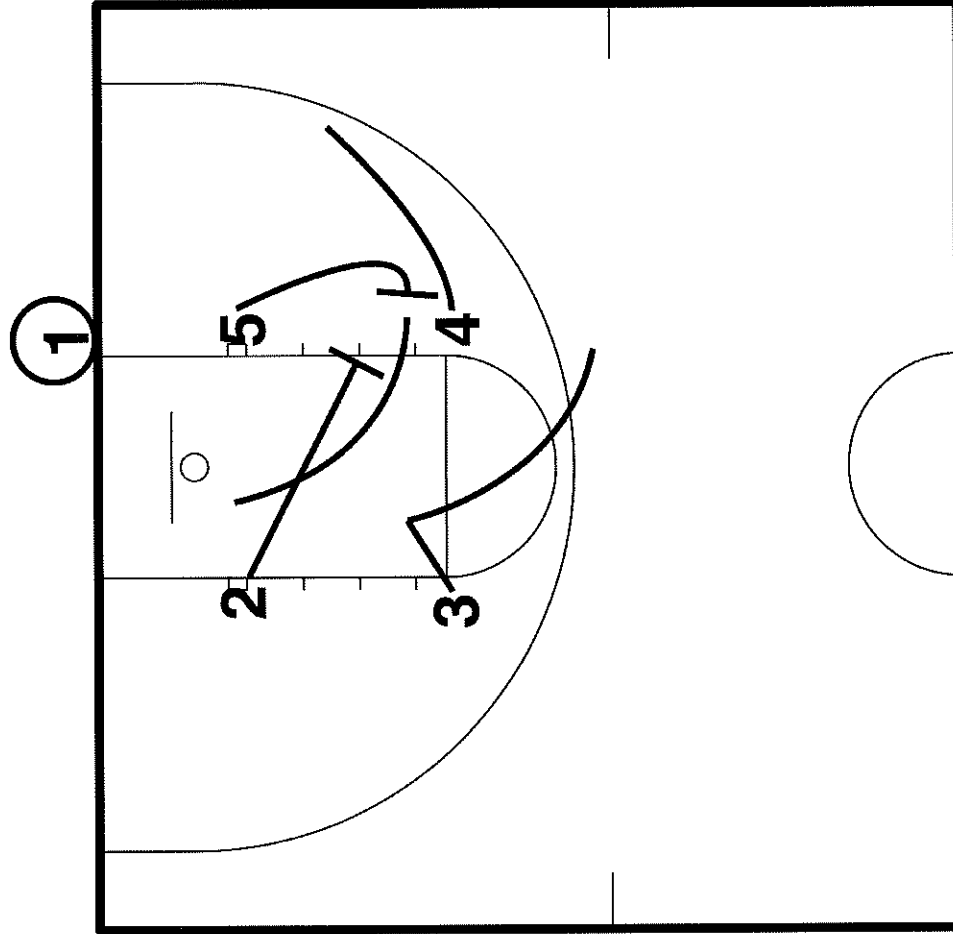


**VCU BASKETBALL**

# 11

VCU

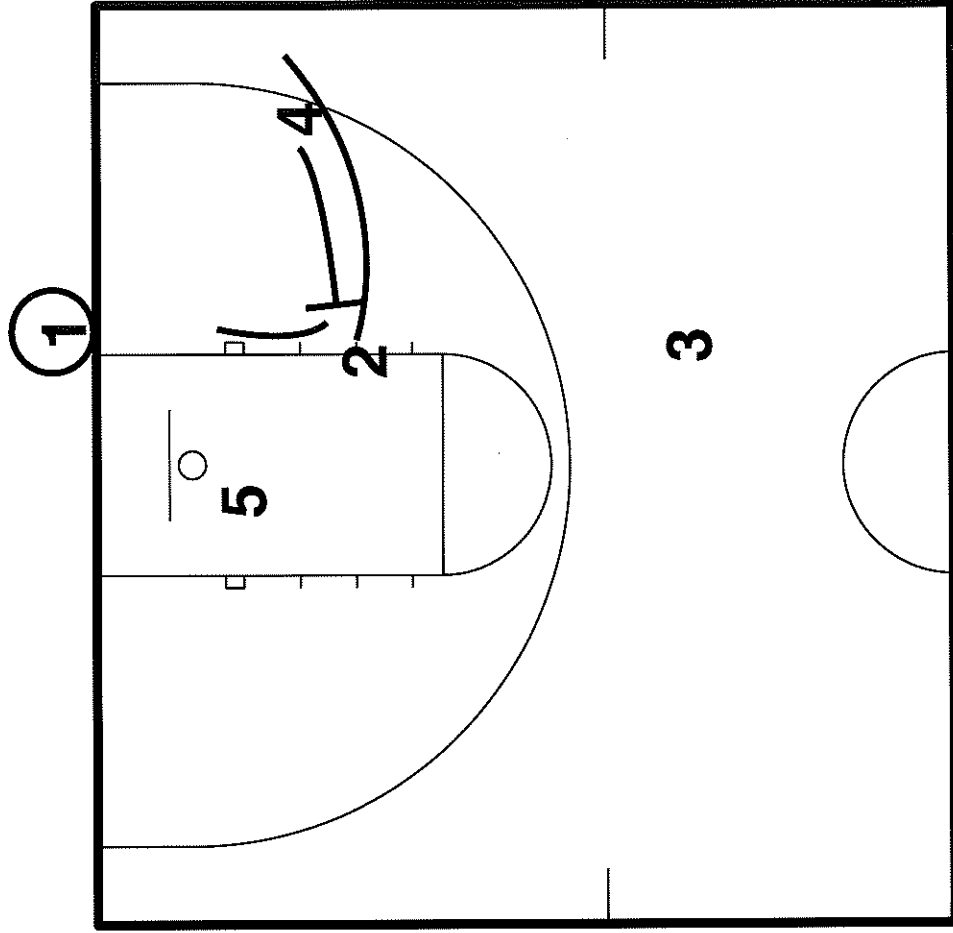
11  
OBU



4  
screenfor  
tsdiagonal  
psout  
for outlet

VCU

11  
OBU



4comesback  
andssetscreenfor  
2, thendives



## VCU BASKETBALL

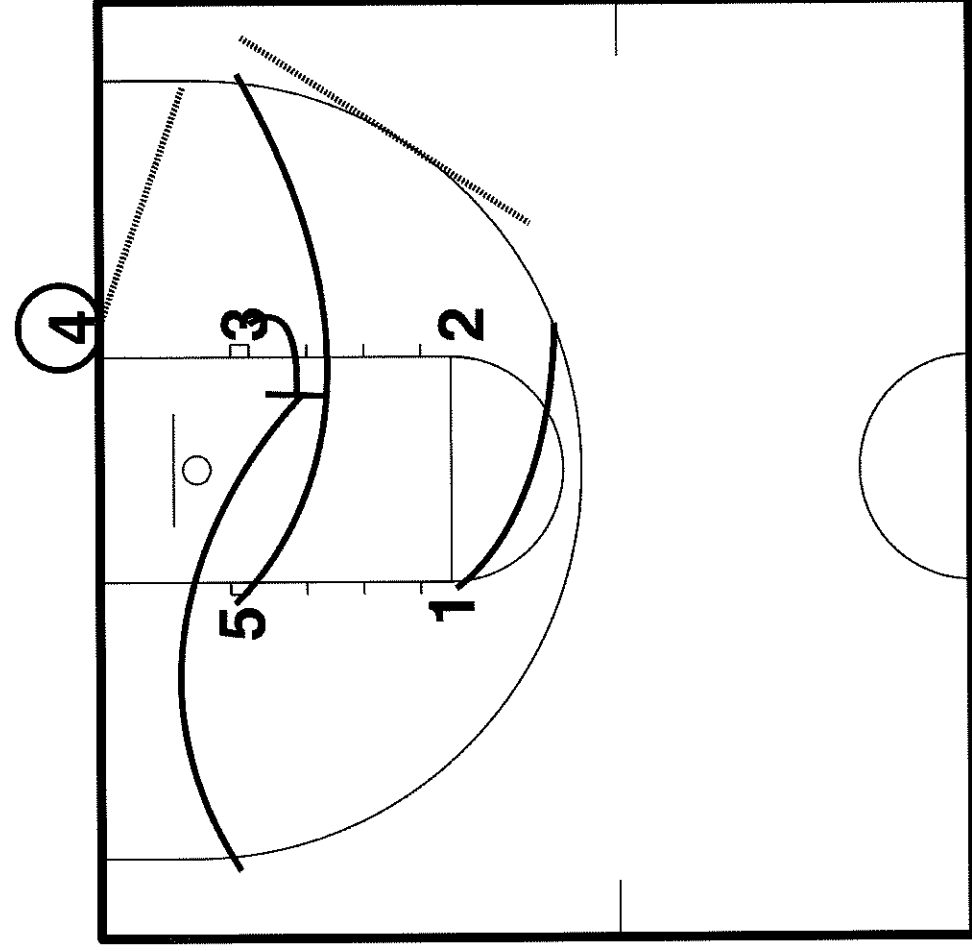
VCU

# 40

VCU

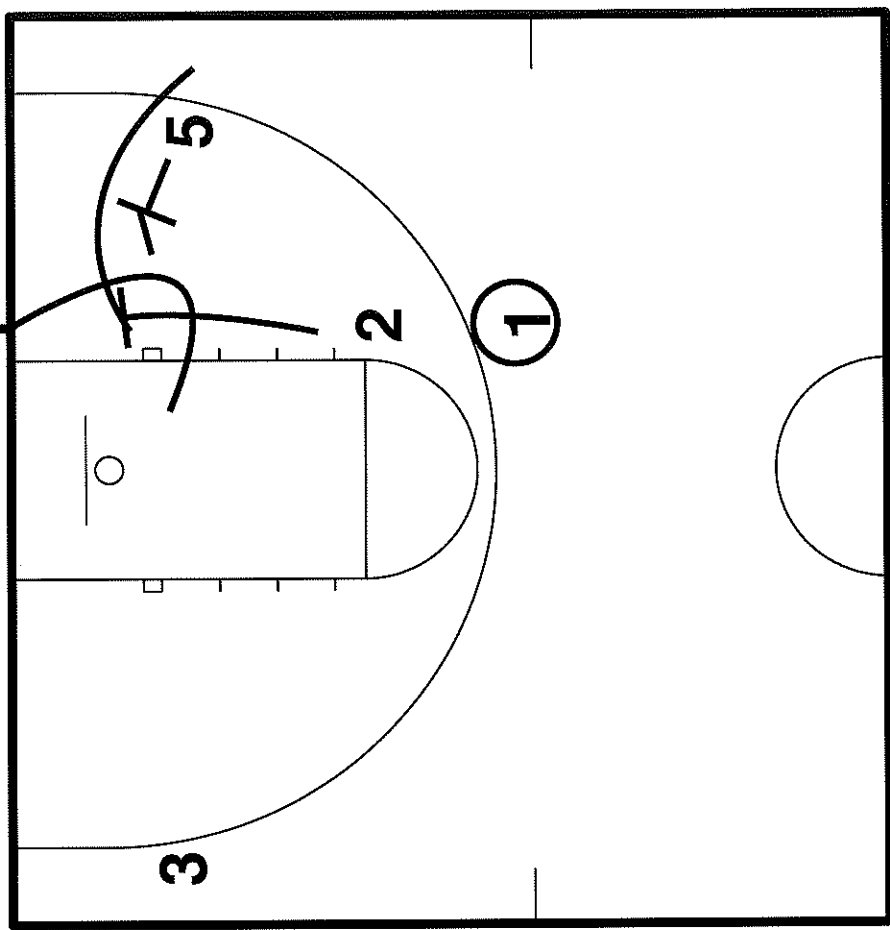
40  
OBU

40  
OBU



5  
screen for  
the corner  
er to 5  
the ball  
s to 1  
arsout

side lane line extended



4  
screen for  
2  
screen for  
2 & slip to basket



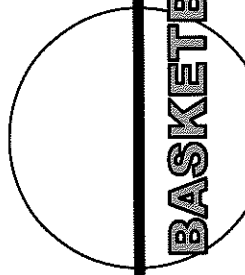
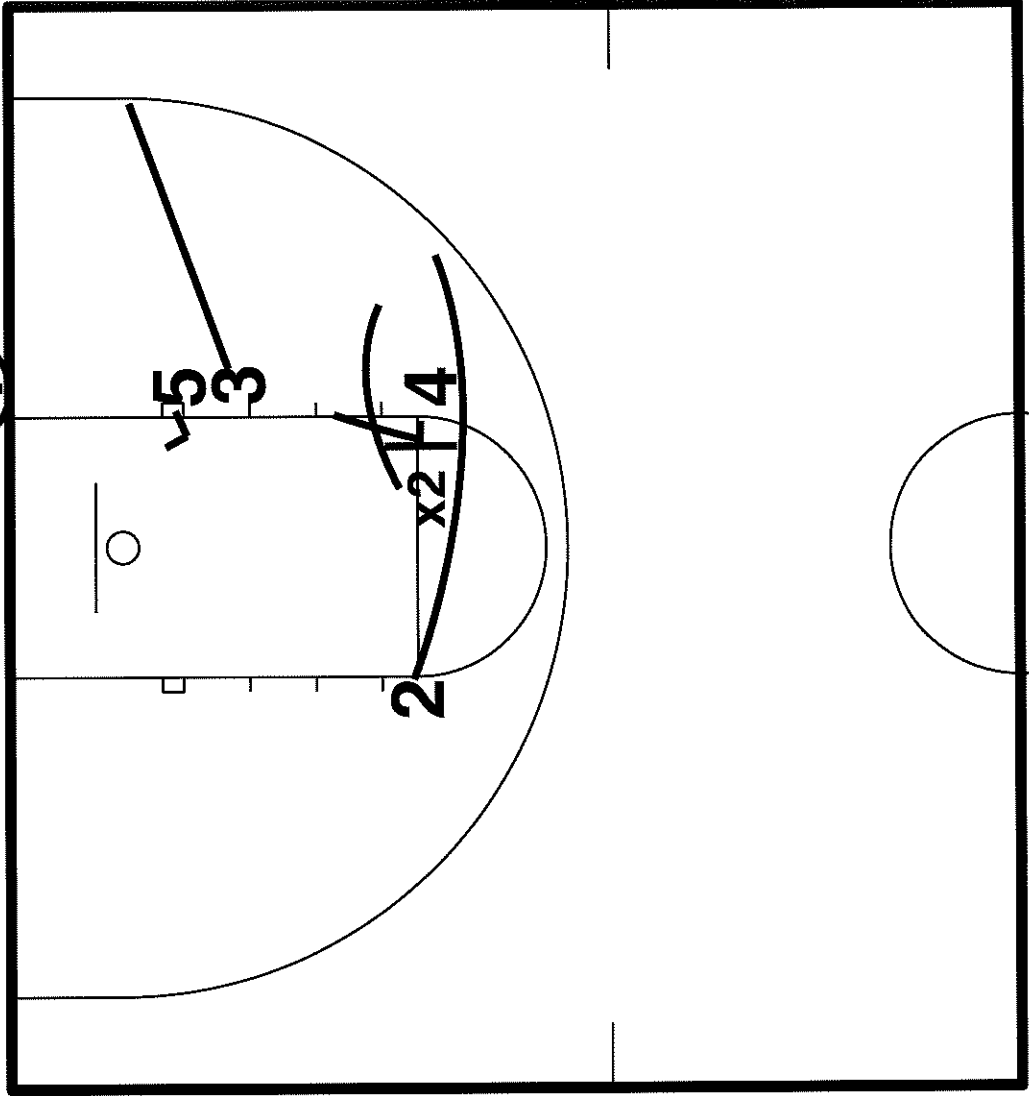
## VCU BASKETBALL



VCU

# Slip COPY SLIP

①



## VCU BASKETBALL

5 ducks in hard  
 3 pops out to stretch the defense  
 4 sets screen

# **ZONE OFFENSE**

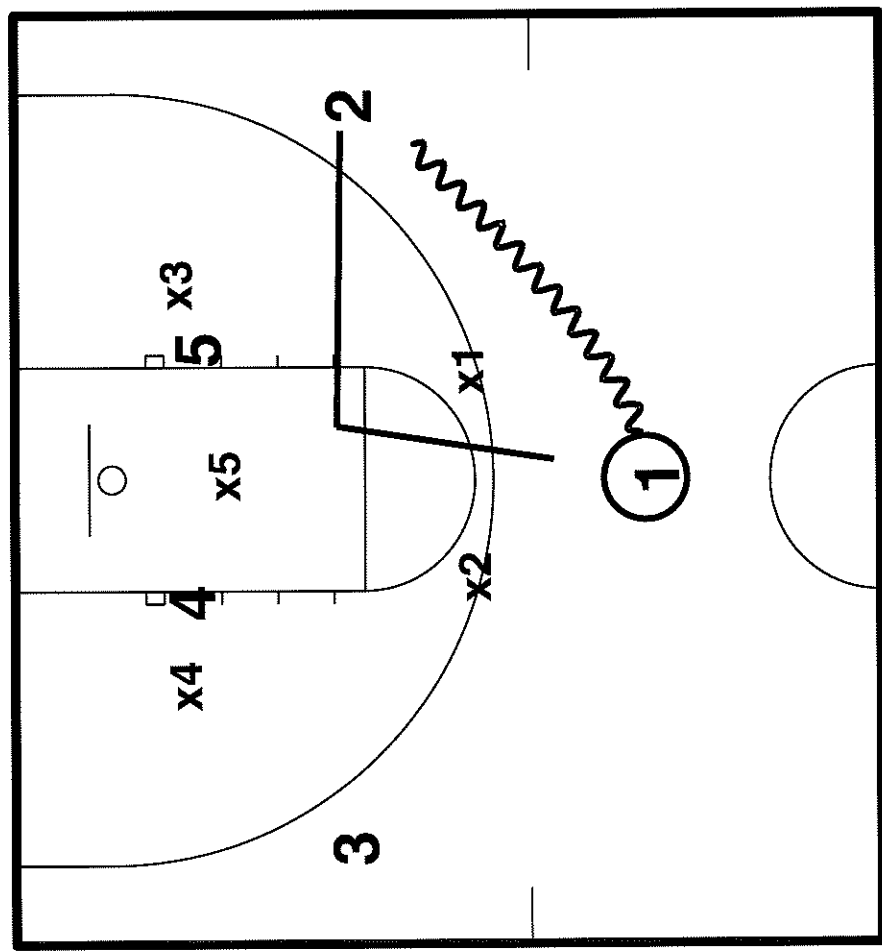
- **KNIFE ACTION (CONCEPT)**
  - **PG IN THE TEETH OF THE ZONE**
  - **BE STRONG WITH THE BALL AND MAKE A PLAY**
- **HAMMER (2/3)**
  - **SHOOTER TO CORNER, BIG GUY TO MID POST**
- **VANDY**
  - **SHOOTER**



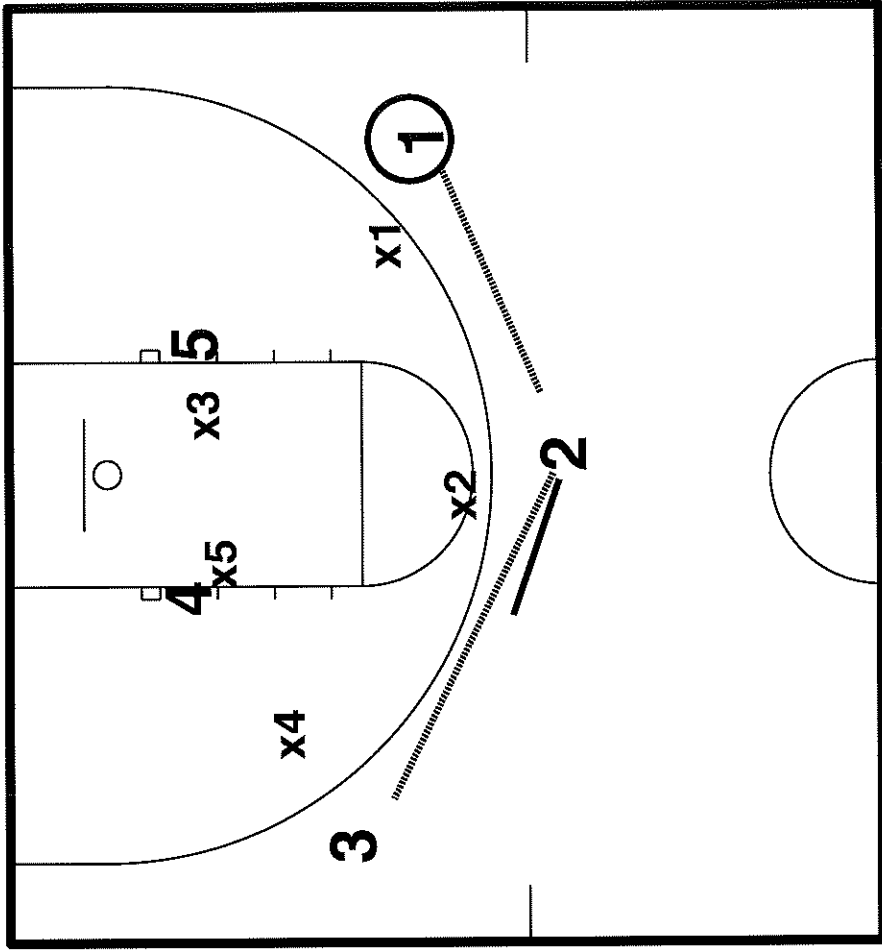
# KNIFE

VCU

Knife  
ZonePlays



- 1 dribblestowing
- 2 shallowcuts(gets a piece of
- the paint)
- out to top of key



- 1 hits 2
- 2 reverses to 3 and gets into top



VCU BASKETBALL

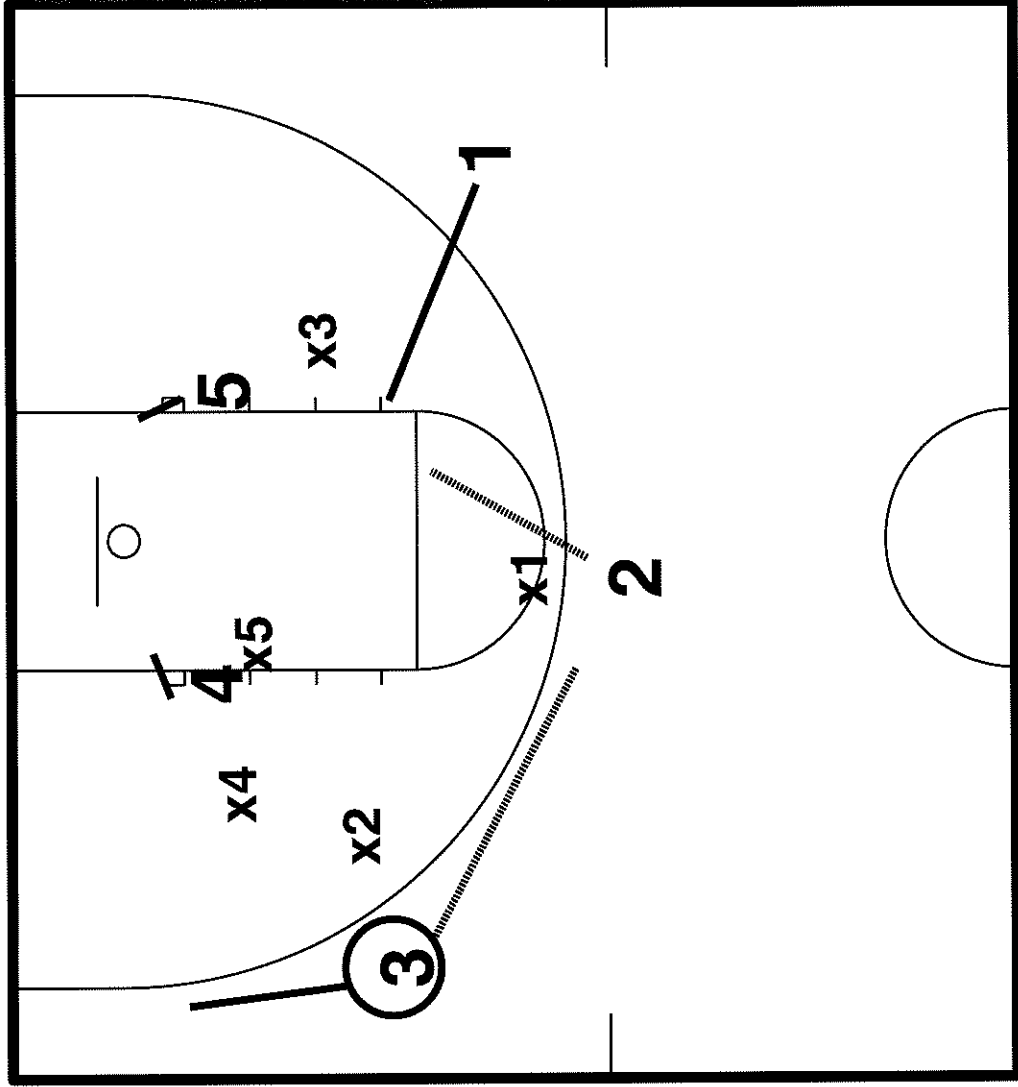


# KNIFE

By) Fri May 6 10:06:02 EDT 2011.

pg. 9

Knife  
Zone Plays



2singap  
1liftsupalittlebit  
whenball isinair  
2hits1ontherun

toget  
to2, 1knifesmtogap

VCUve  
BASKETBALL

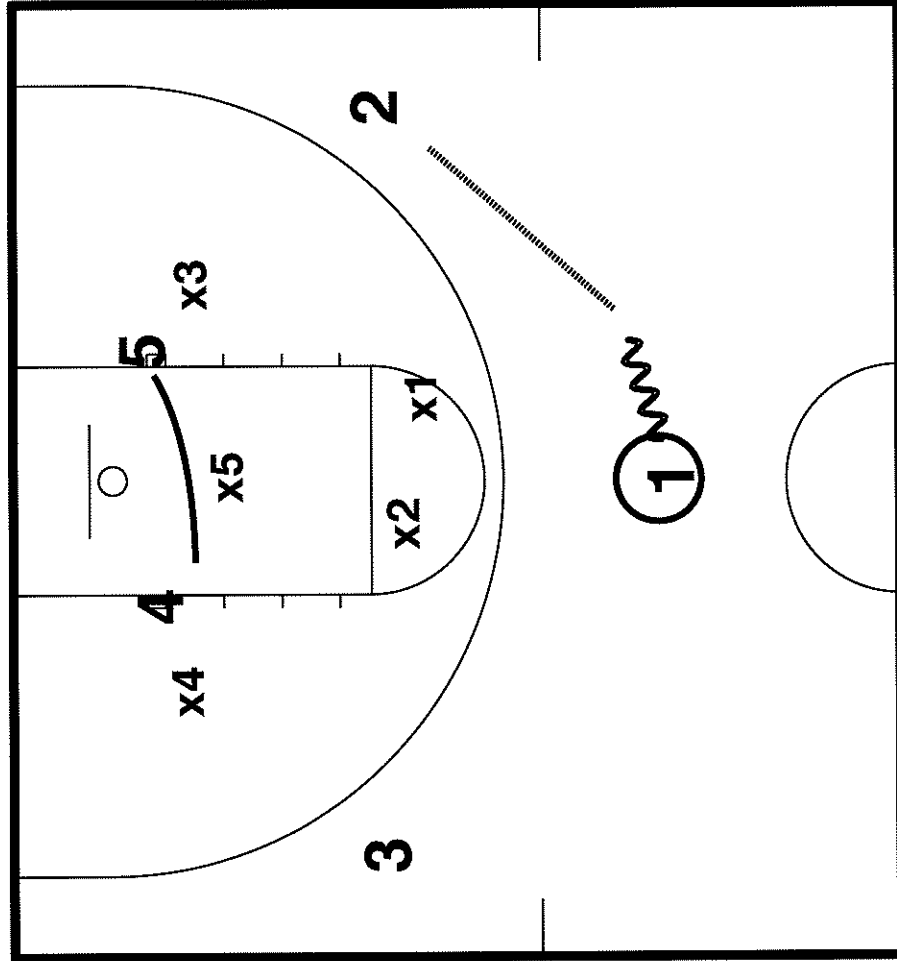


# HAMMER 2 VCU

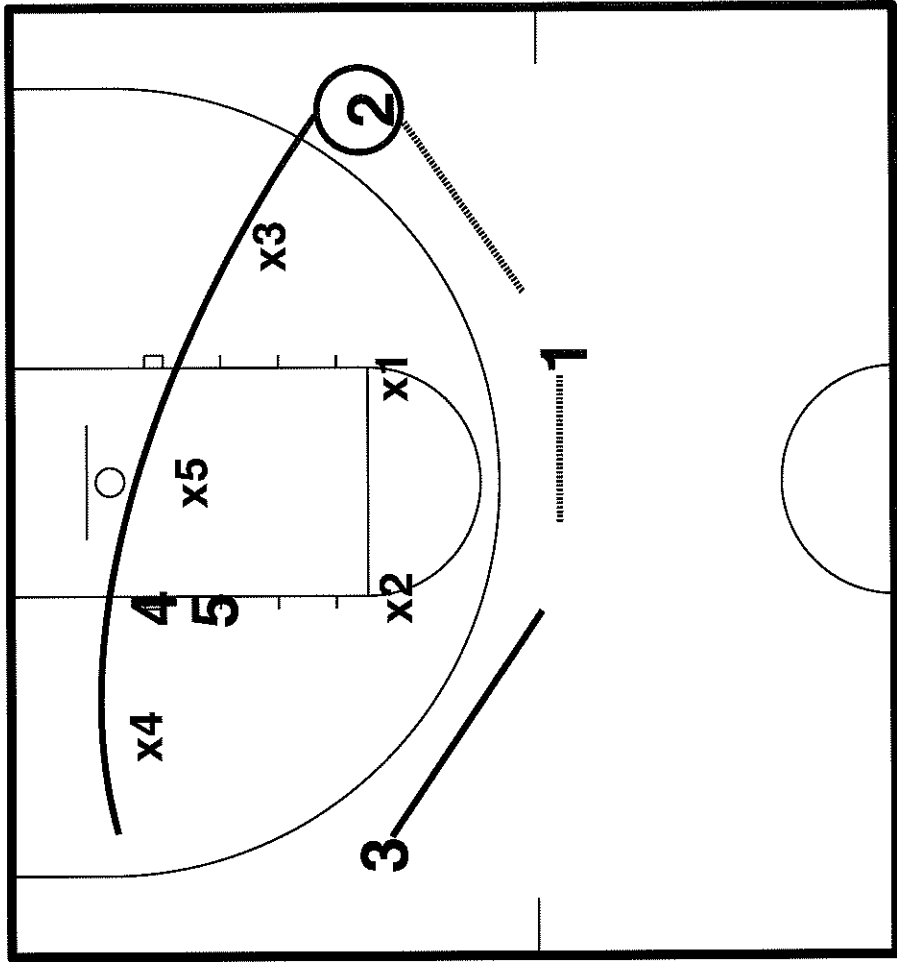
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pg. 2

Hammer 2  
ZonePlays



1dribblesoncto2sside  
1hits2  
Onpass, 5cutstooppositeblock  
beside4



2hits1  
3liftsuptoelbowextended  
Immediatelyafter pass, 2cutsfraughtocome  
off doublescreentfrom4&5

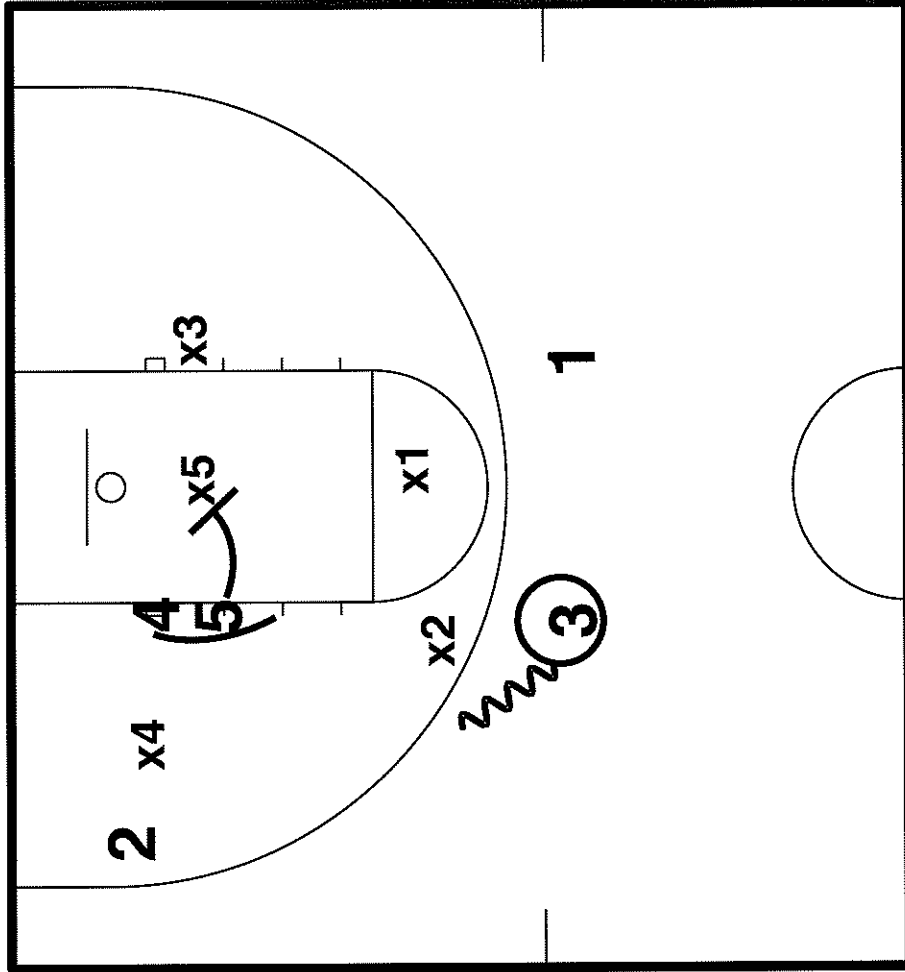


VCU BASKETBALL

# HAMMER 2

VCU

Hammer 2  
Zone Plays



As soon as 2 clears, 5 screens the middle lane in the zone  
 4 cuts right up the lane line  
 if x4 helps in, 2 is open in the corner for shot

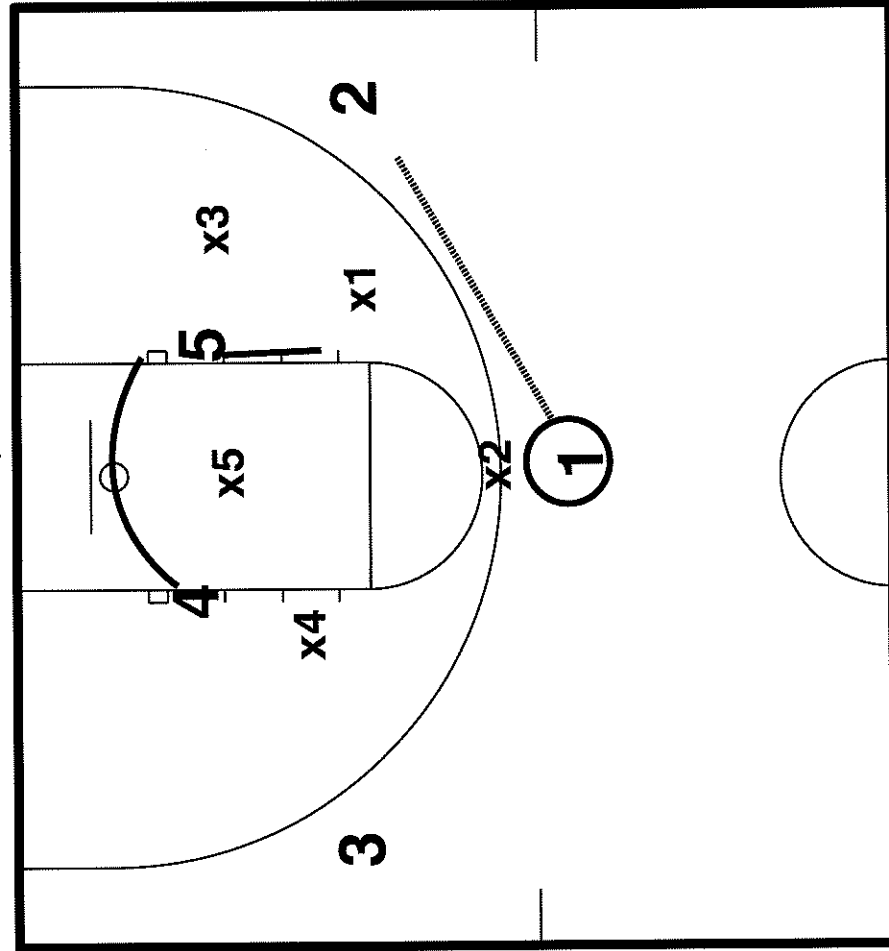
**VCU BASKETBALL**



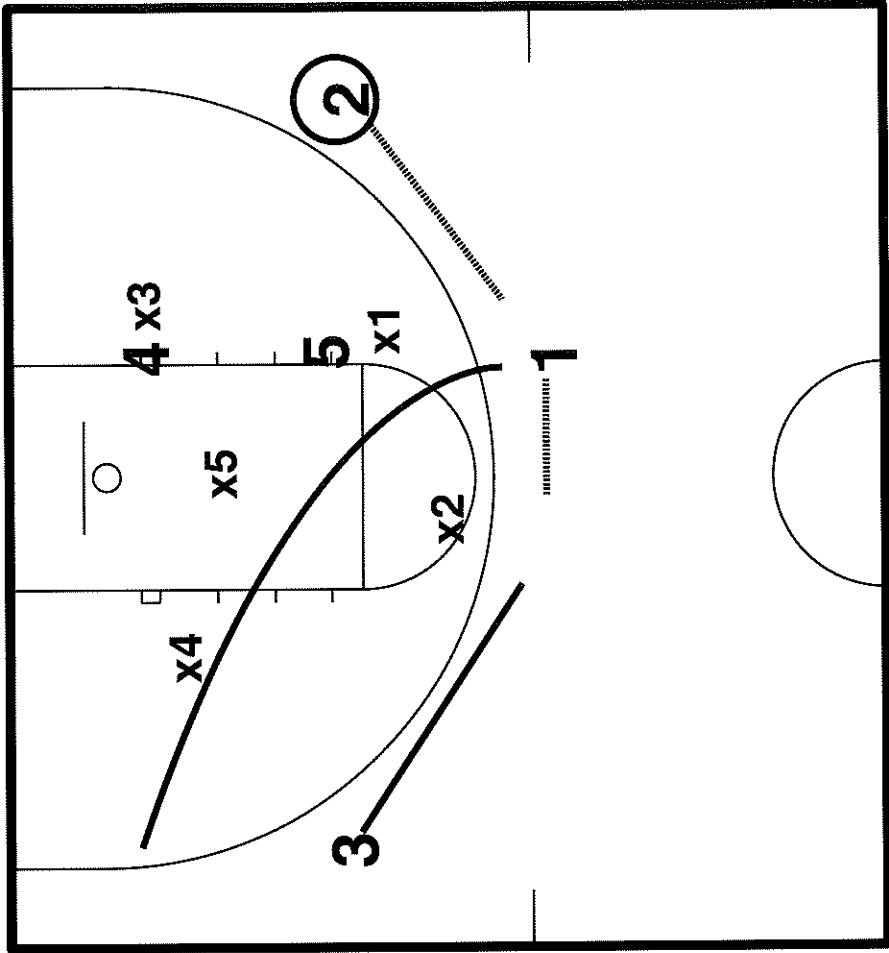
# VANDY

VCU

Vandy  
ZonePlays



- 1 hits 2
- 1 fill cover
- 5 same side up
- 4 sneak to ball
- 2 look for
- 3
- 4
- 5
- x4
- x3
- x1
- x2
- 1
- 2



- 2 hits back
- 3 lifts up to slot
- 1 hits 3 and cut through to ball
- side
- 1
- 2
- 3
- 4
- 5
- x4
- x3
- x1
- x2

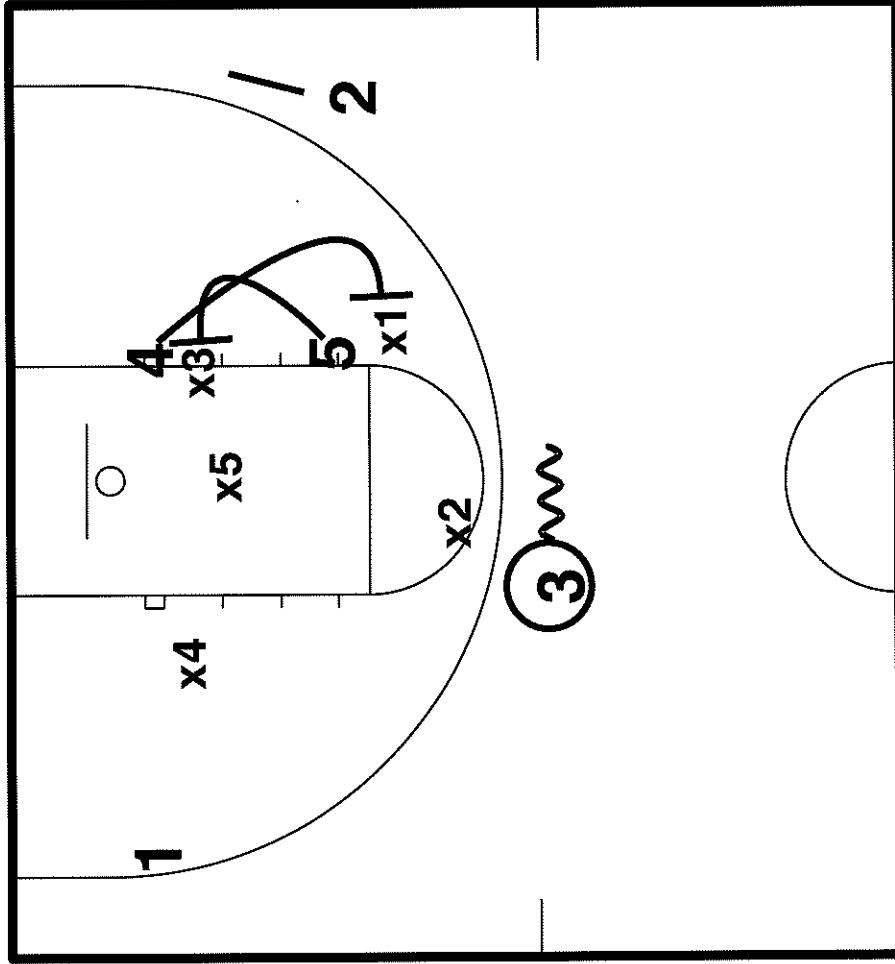


# VCU BASKETBALL

# VANDY

VCU

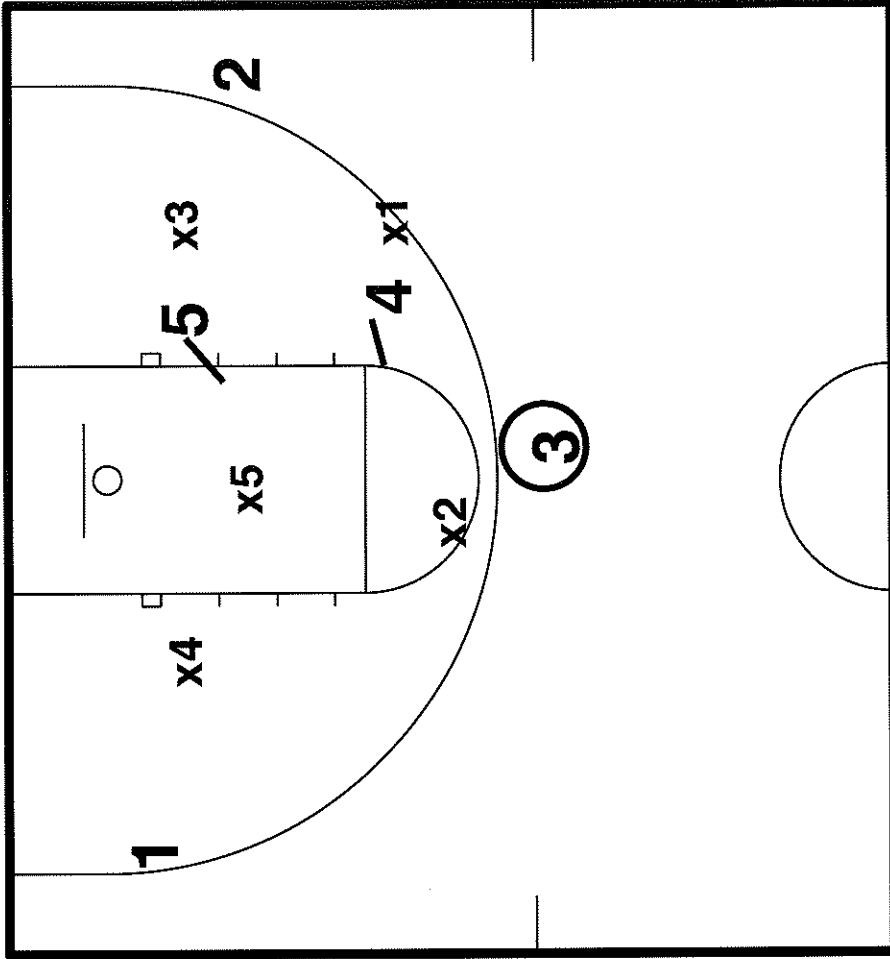
Vandy  
ZonePlays



3takes1dribbletoward2  
4loopswideandscreensx1(topmainzone)  
5loopinsideandscreensx3(bottommainzone)  
3looksfor 2over topfor shot

VCU

Vandy  
ZonePlays



If x3and/or x1cheat out over screens 5&4sliptofindtheball



VCU BASKETBALL

# LATE GAME THOUGHTS

- **PRACTICE PASSES (PRE / POST)**
  - **FULL COURT (BIG ON / OFF BALL), HALF COURT (BIG ON / OFF BALL), BOB (BIG ON BALL)**
- **BOOK OF ALL SITUATIONS FROM THE LEFT AND RIGHT SIDE**
- **6 MINUTE GAME (3X A WEEK)**
  - **TAKE CARE OF THE BALL**
  - **MAKE FREE THROWS**
  - **BE SOLID ON DEFENSE**

**VCU BASKETBALL**



# LATE GAME

- **FULL COURT**
  - DAYTON FLY (5-10), RIGHTY \_\_\_\_ (-6-3)
  - CLEMSON (PRESSURE INBOUNDS)
- **3/4 COURT**
  - RICHMOND (3-8), WINNER (-6-2)
- **1/2 COURT**
  - SIDE 5 (2-5), REDDICK (-6-5)
  - RIP, STATE (LIVE BALL, NEED A 3)
- **BOB**
  - BANANA (-6-4), NOVA (-6-3), RIM (TIP - <1)

VCU BASKETBALL

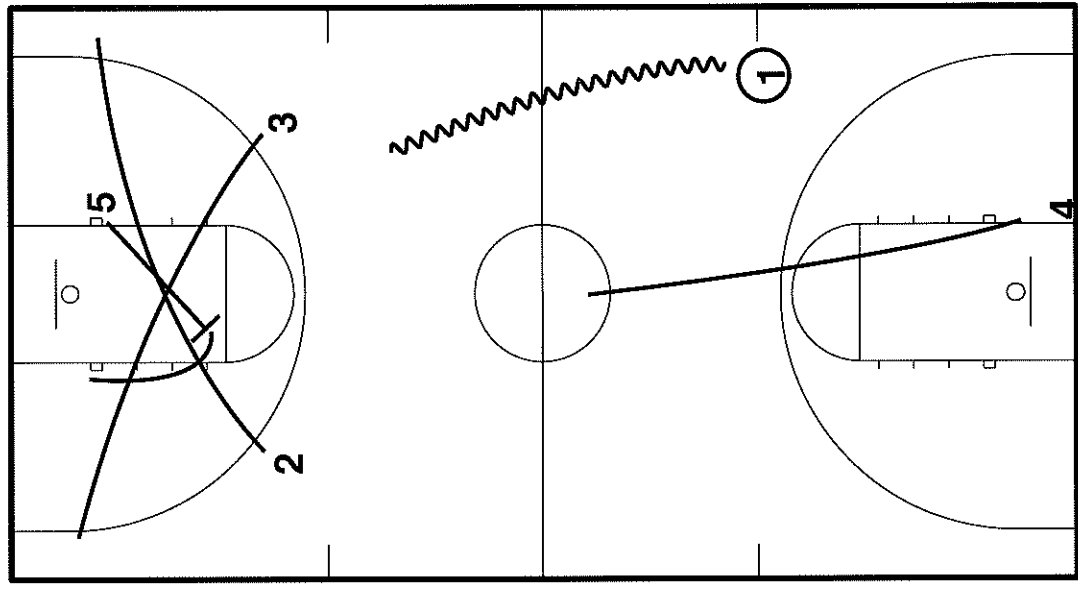




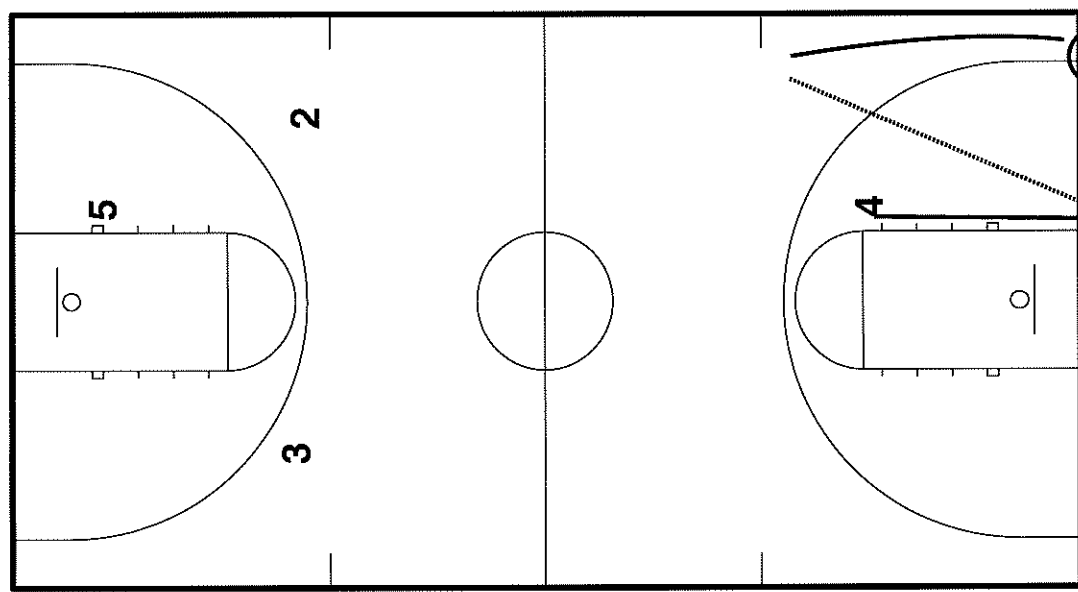
VCU

# DAYTON FLY

Dayton Fly Situation



VCU



1 hits 4  
4 hits 1 sprinting up floor

## VCU BASKETBALL

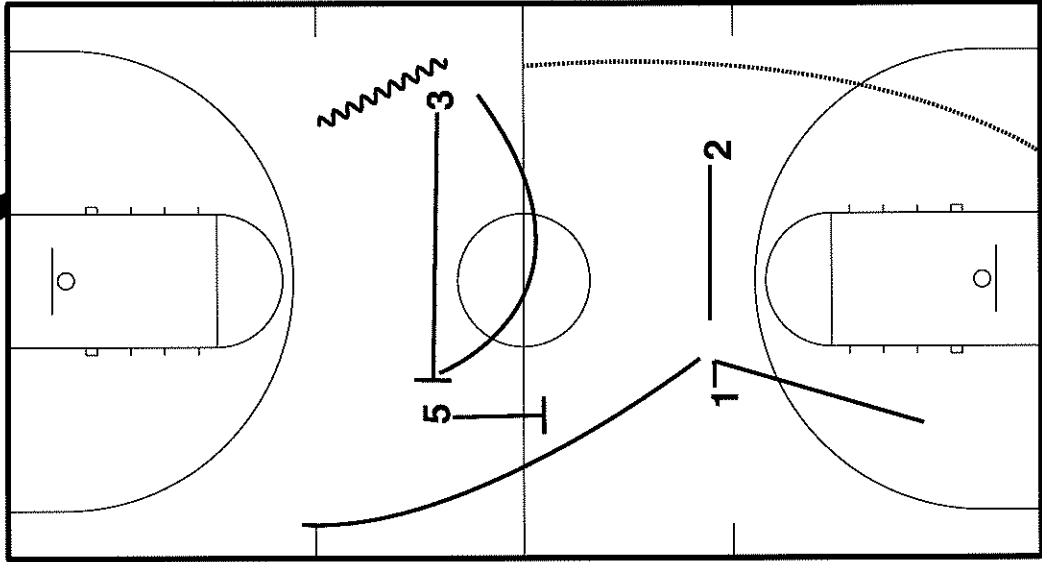
5th screens for 2  
2 cuts to open for 1



VCU

# RIGHTY (NAME)

(Name)  
Special Situations



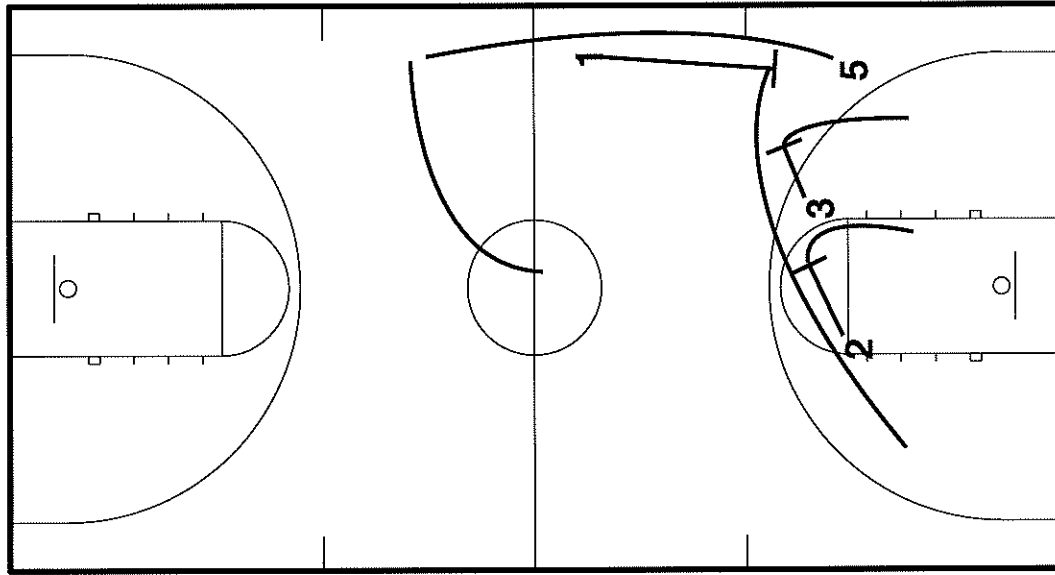
2goesonthelapof  
5upscreenfor  
1cutstoball

the **VCU** BASKETBALL



VCU

# CLEMSON



VCU BASKETBALL

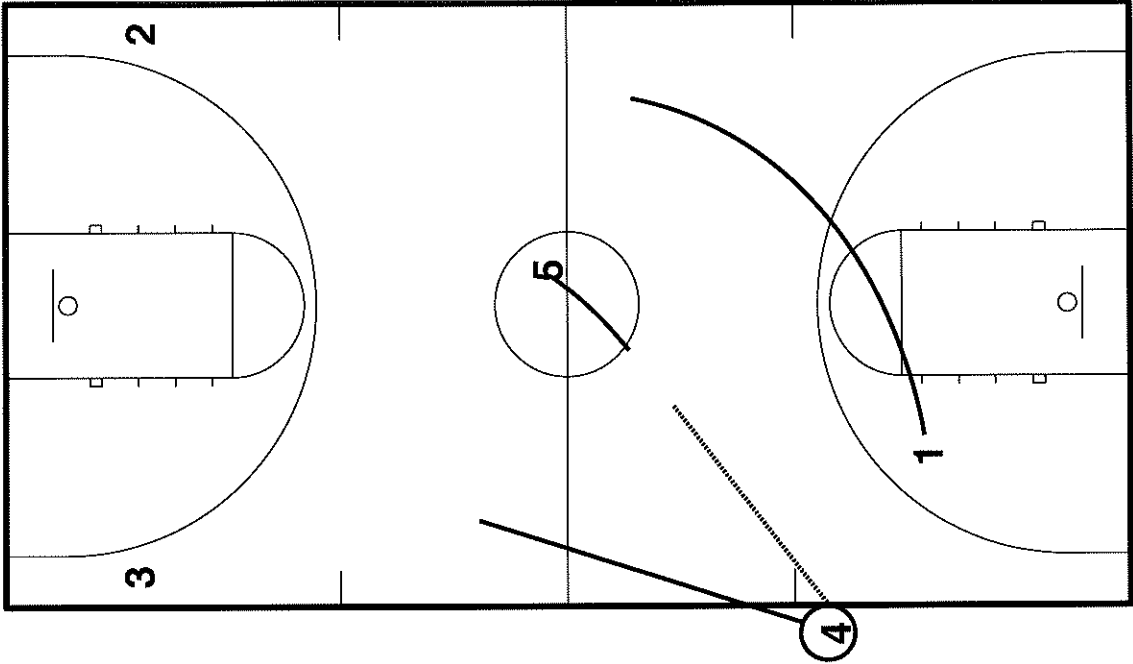
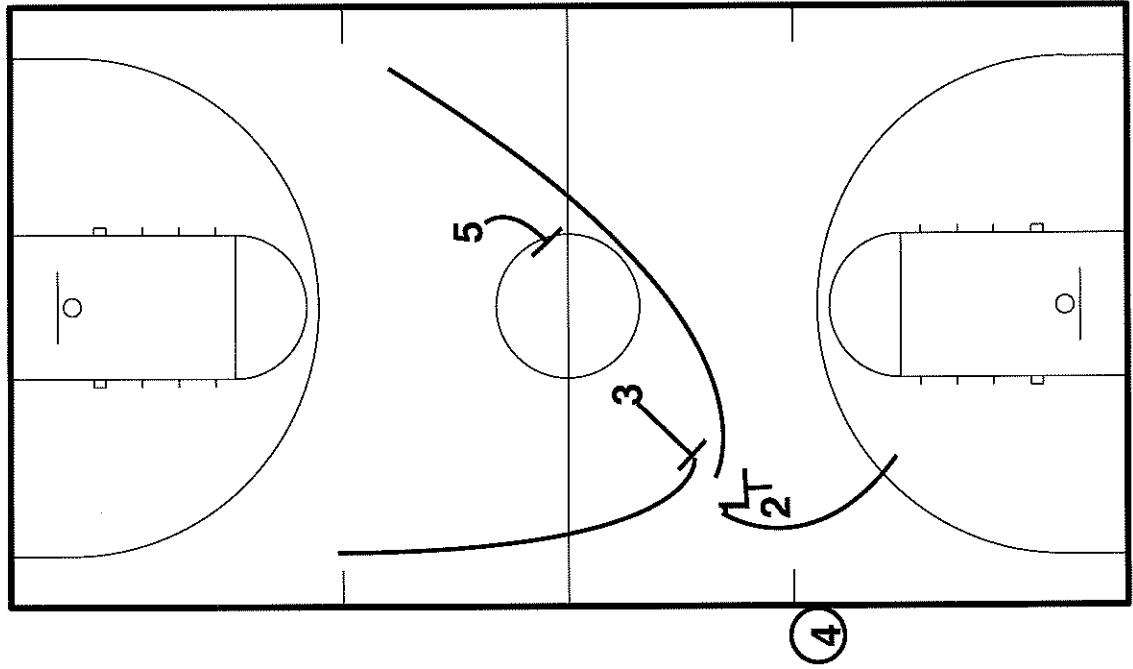
1backscreen5  
3&2stagger for 1  
3&2flashback toball

VCU

VCU

# VCU RICHMOND

VCU Rams (Richmond, VA)  
VCU Rams (Richmond, VA)



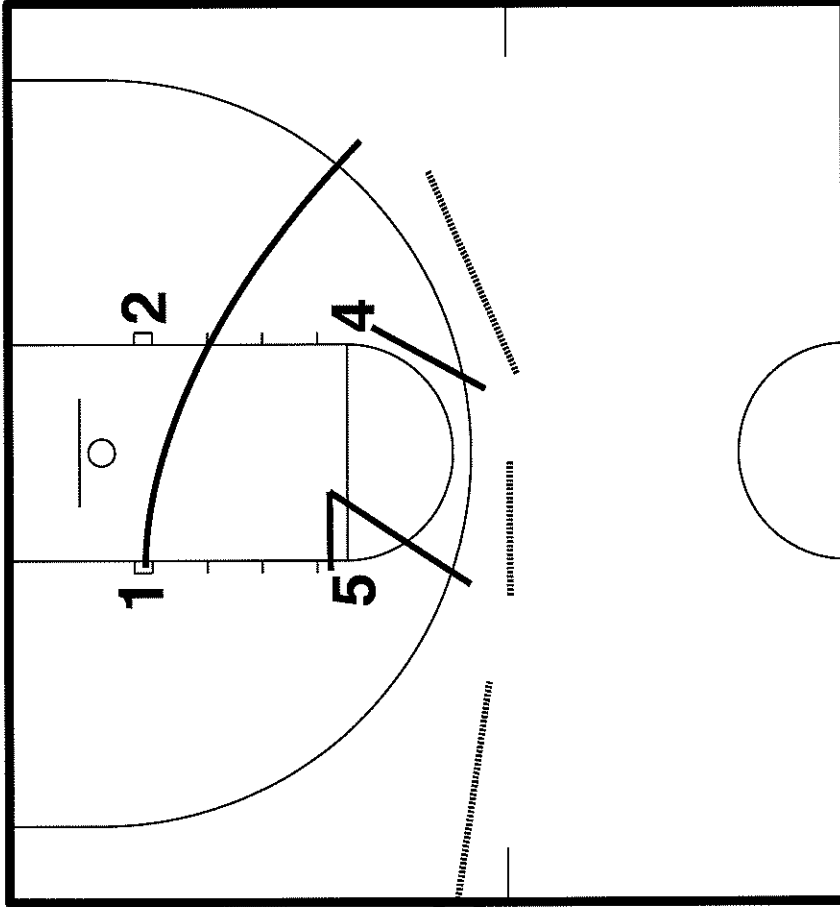
VCU BASKETBALL



VCU

Side5  
SOB

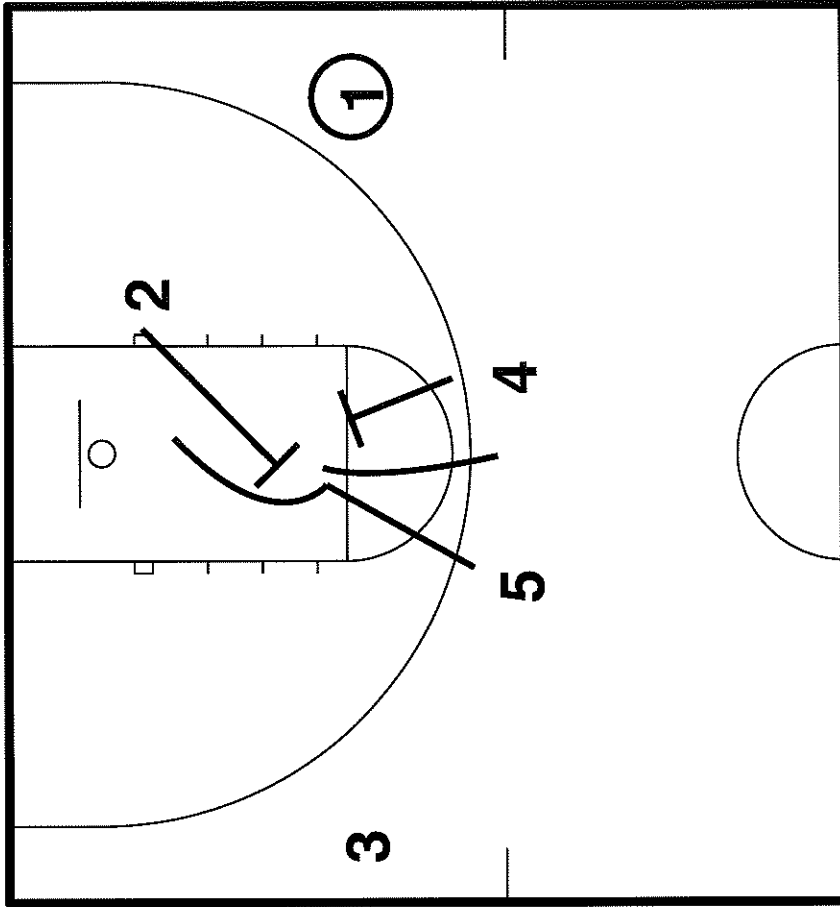
# SIDE 5



5steps out  
4steps out  
1cut diagonal to wing  
4passes to 1  
3  
to receive in bounds from 3  
toget reversal from 4

VCU

Side5  
SOB

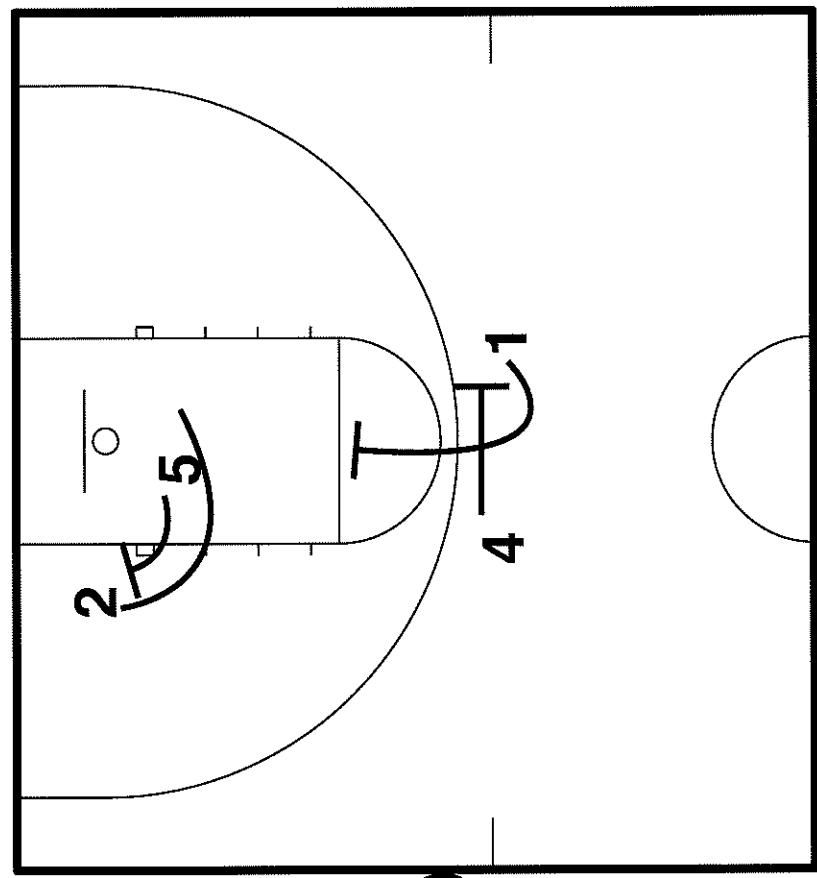


2back screens 5 to the post  
4 screens down for 2 to the top

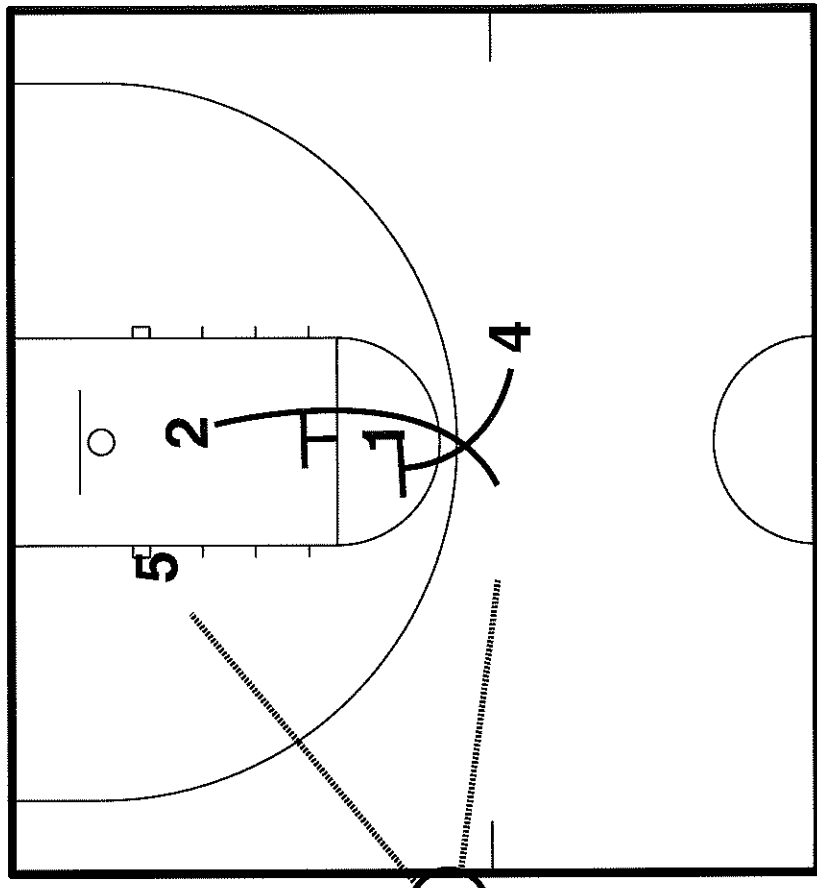


## VCU BASKETBALL

# VCU J.J. REDDICK Special Situations



4screensacrossfor 1  
 1curistofoul line  
 5setscreenfor 2tormiddleof thelane



2comesoff staggersby1and4  
 3choosesbetweenisolated5and2at top



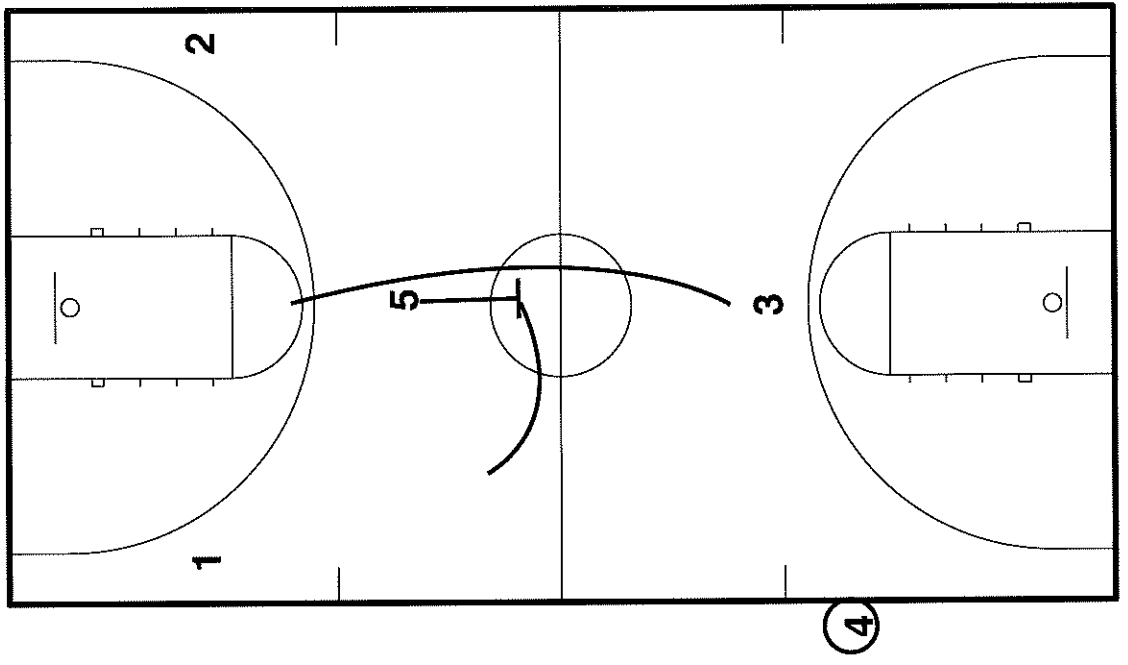
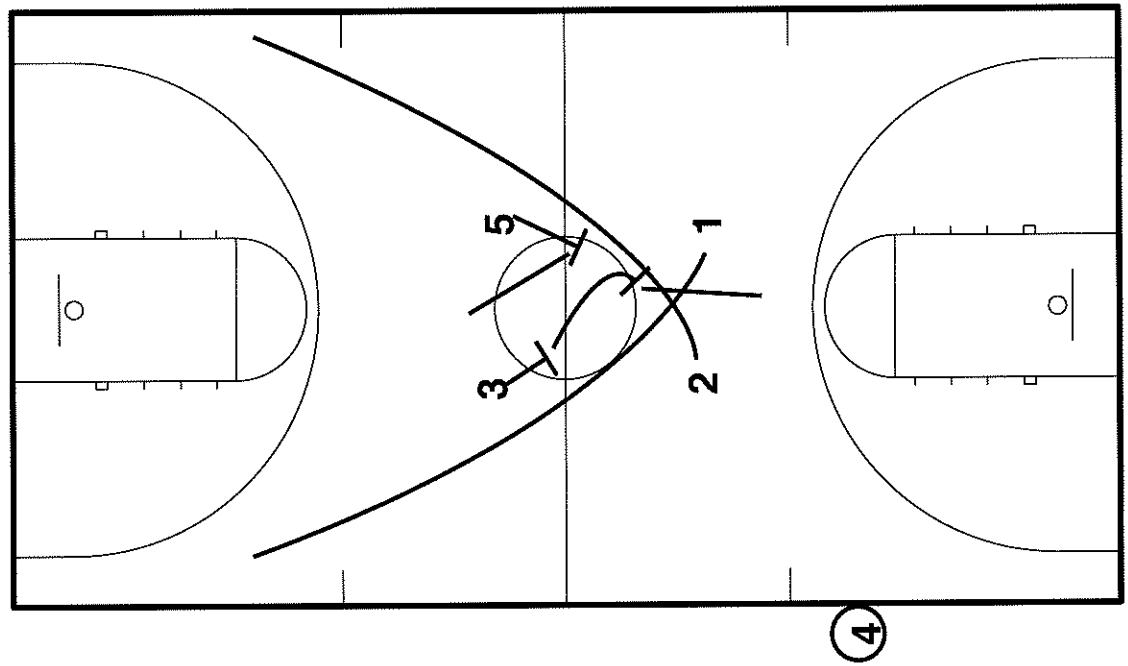
## VCU BASKETBALL

VCU

VCU

# WINNER

Winner (L) Situations



VCU BASKETBALL

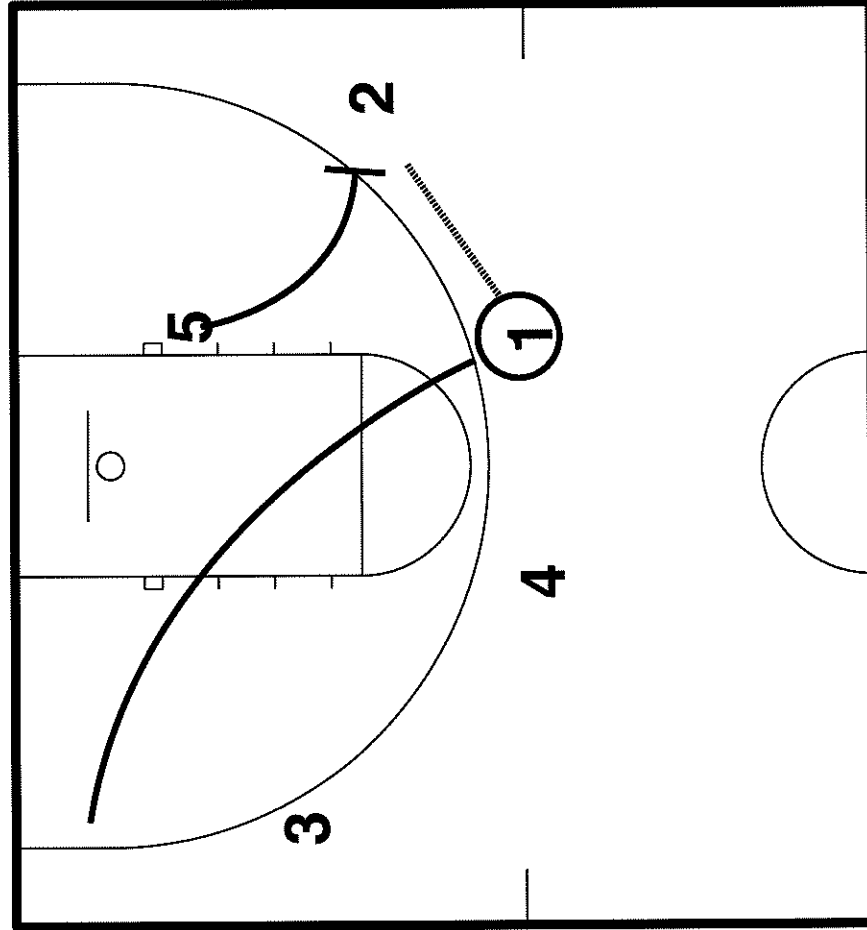
VCU

Rip(R)  
Secondary

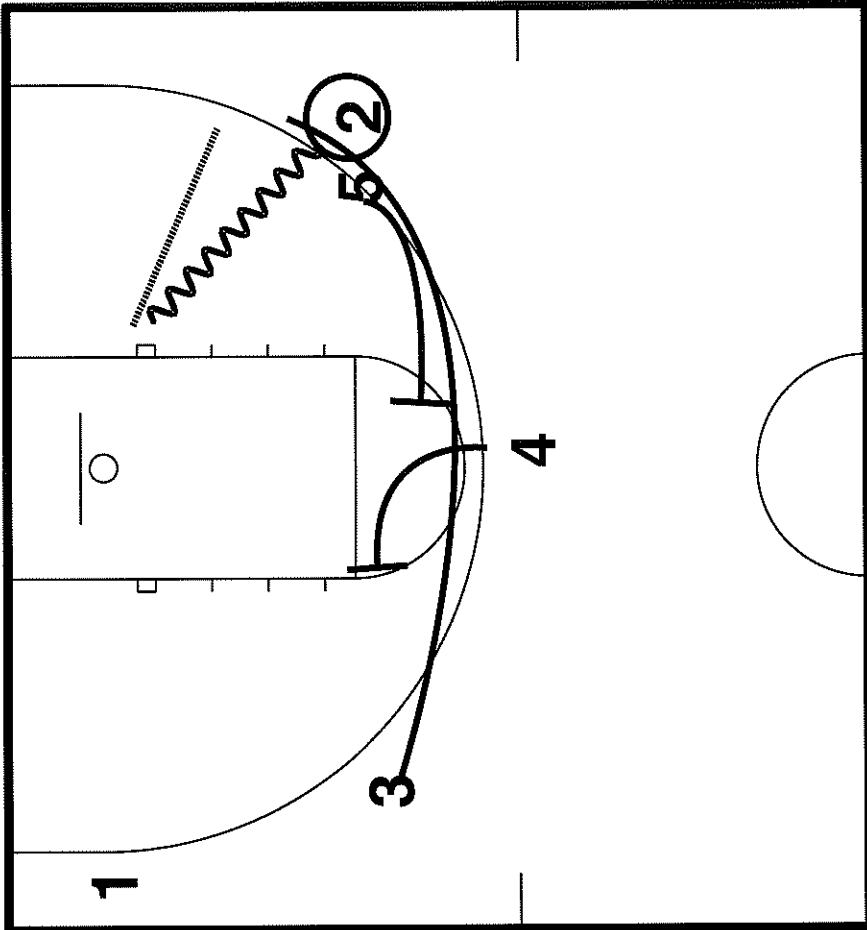
# RIP

VCU

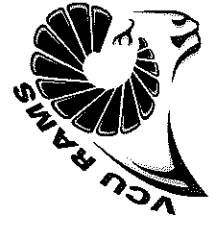
Rip(R)  
Secondary



Weaksidecut  
amesideballscreenfor 2



4&5stagger  
Throwback 3pt for 3 rip



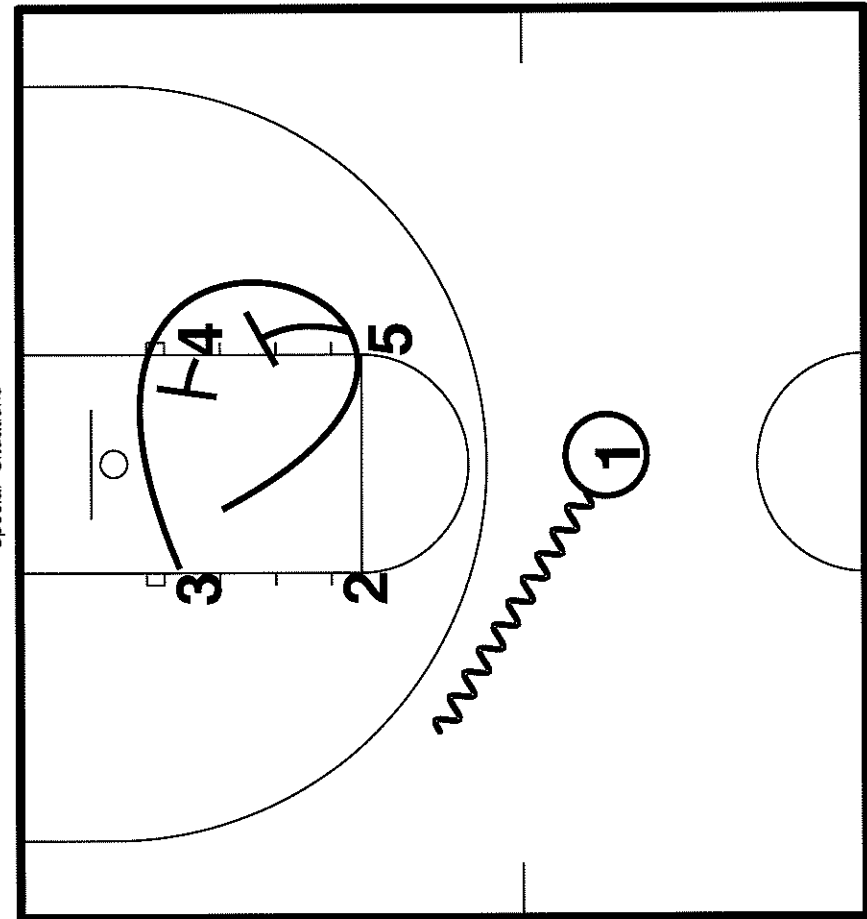
## VCU BASKETBALL

# STATE

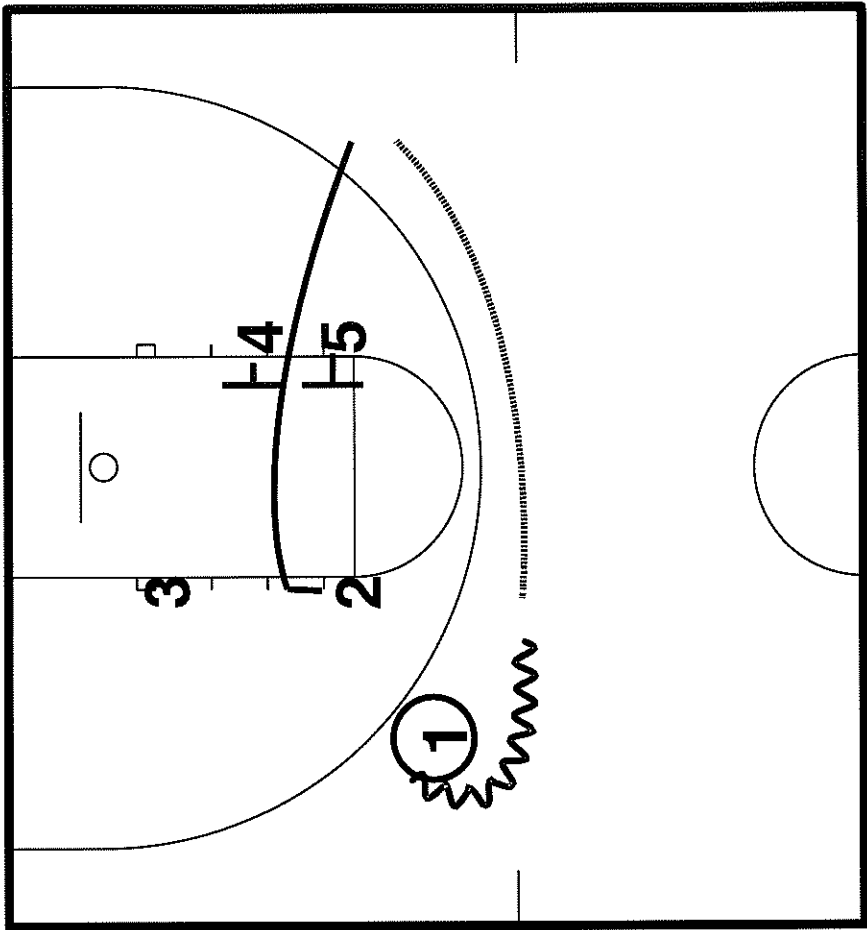
FacePrint (1 play) Fri May0615:40:46ED72011- Pg. 2

VCU

State  
Special Situations



3Curlis4and5stagger  
1drbbiestolet screen wing



1spindribblesas2comes throughthegate

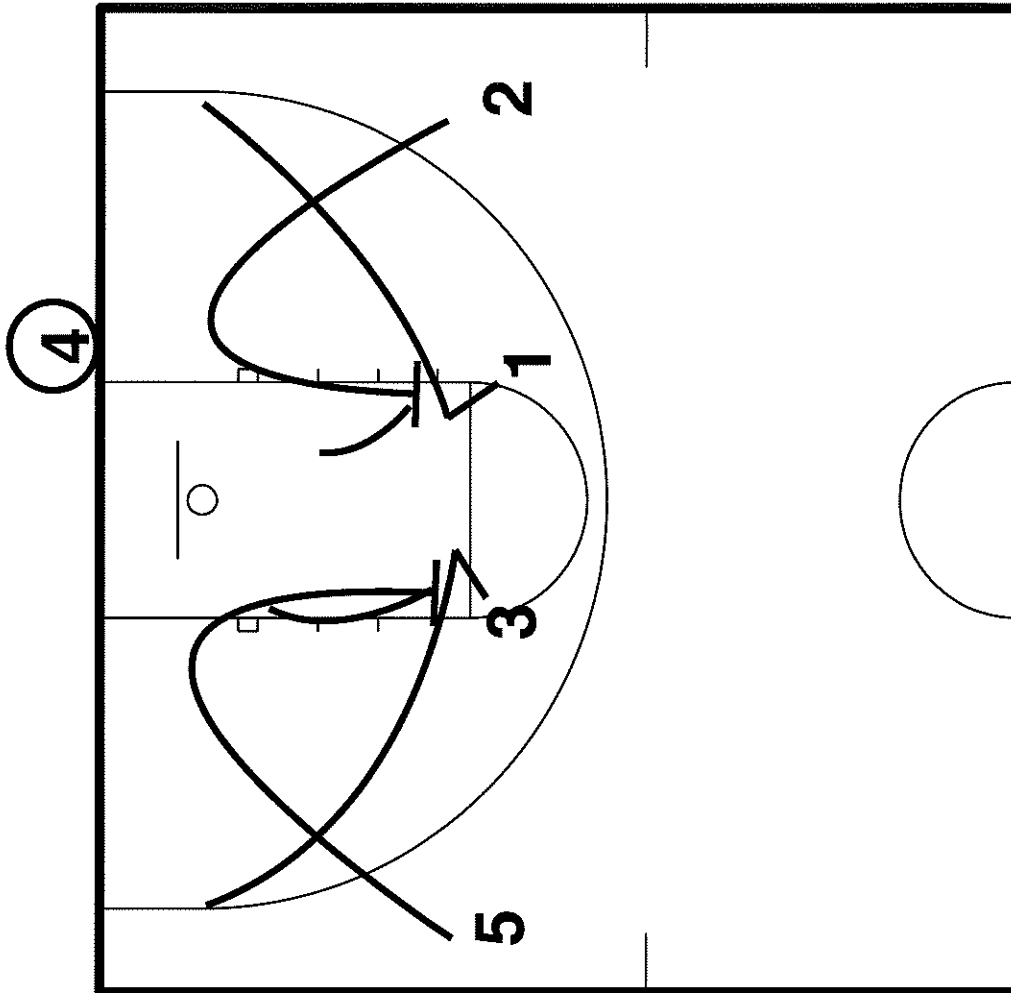


## VCU BASKETBALL



# BANANA

VCU  
Banana (rpt)  
BLOB



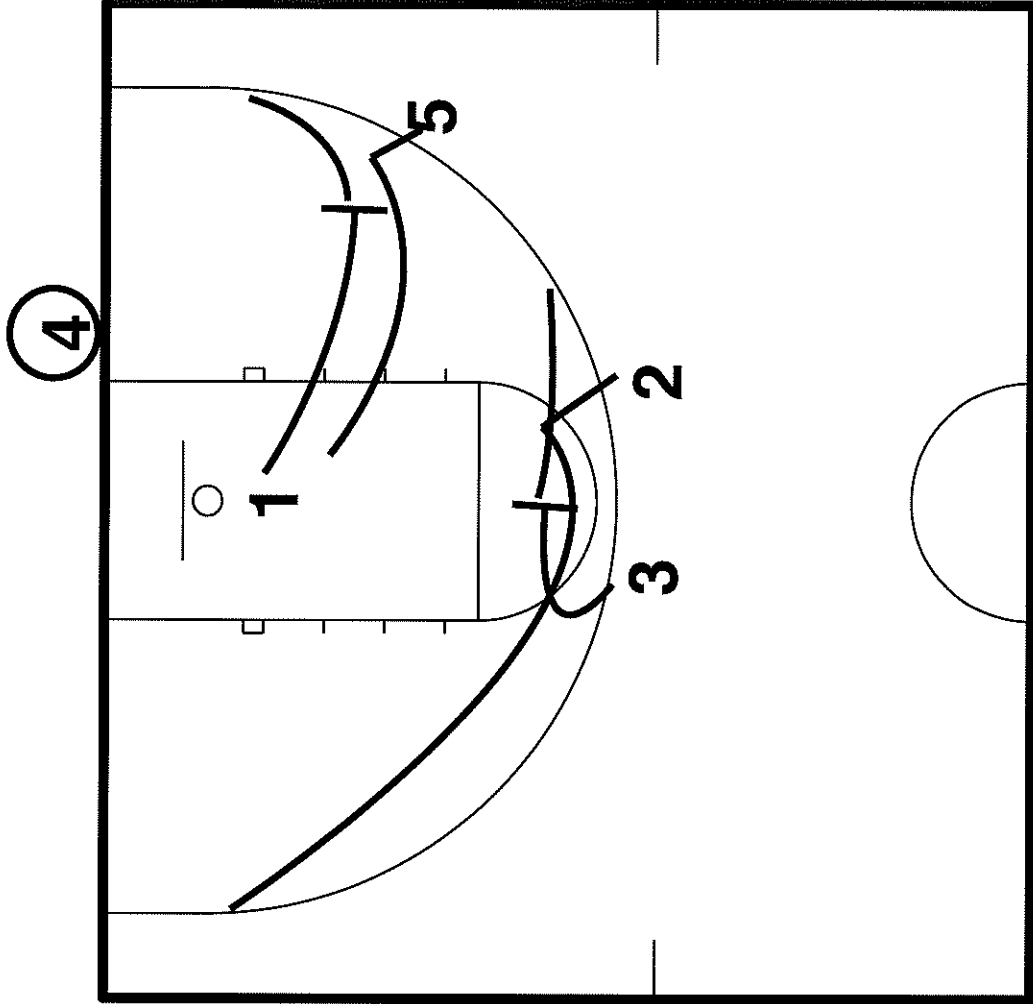
5&2Banana cut intoscreensfro3&1  
3cutstorim, 1cutstocorner  
2slipsback toball

VCU BASKETBALL



# NOVA

NOVA(R)  
BLOB



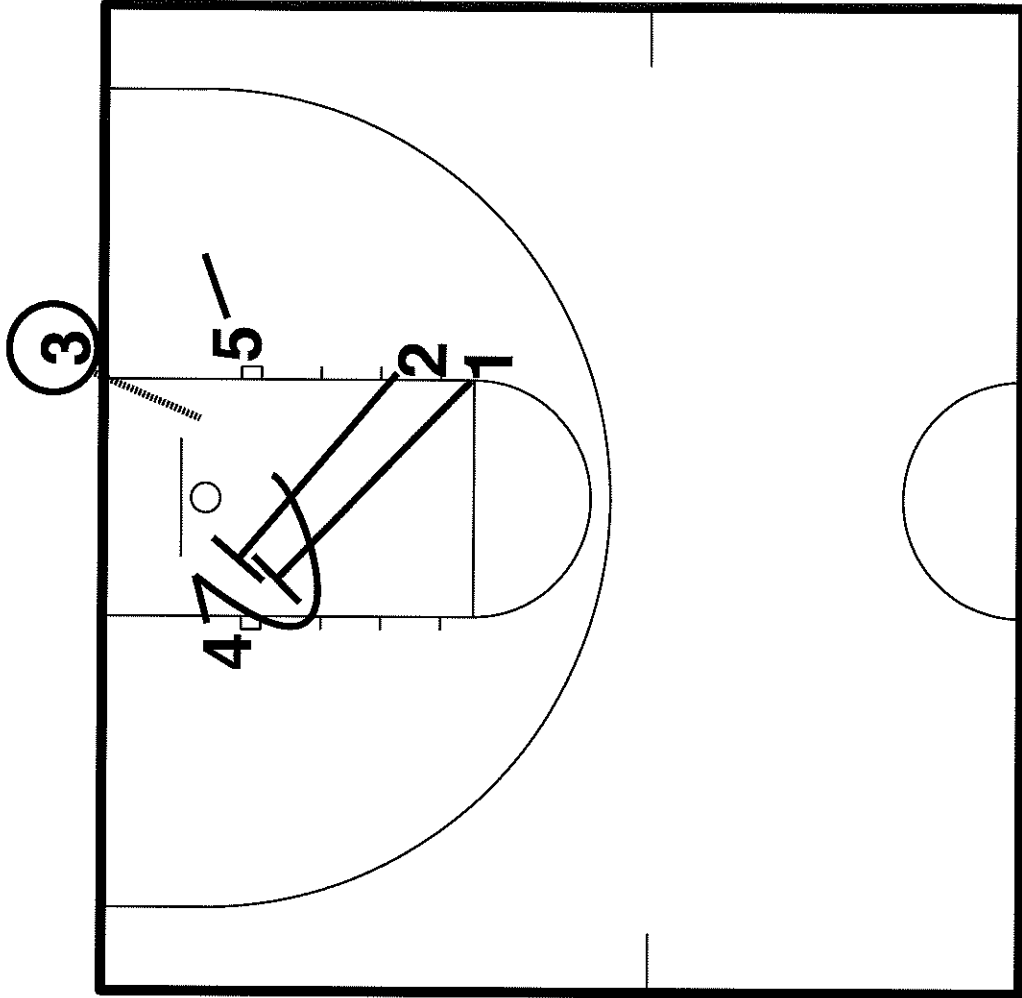
- 1&5takehardstepsin&away
- 5sprintsoff
- 1'sbackscreen
- 1'slipstocorner
- 3backscreens2,
- 2to deepcorner

# VCU BASKETBALL



# RIM

miniSpot (11)  
BLOB



4duck inonslap  
 2&1sprint doublescreenfor  
 4spinsoff for tipin

**VCU BASKETBALL**



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**VCU BASKETBALL**

