



Josh Pastner  
Memphis Tigers

### Memphis Tiger Offense

- Big on charting 50/50 balls, hockey assist and shows film of it to his players
  - Also likes to show film of bad or selfish shots
- In his offense he gives freedom to play off of his structure
  - Too much structure takes away from good player's creativity
- Because his teams are very athletic, like to run – his biggest question to his staff and team is, “Can we execute in the half court in the games that become smashmouth, halfcourt grinders?”
- Said it multiple times, must have good players
  - When at Arizona under Lute Olson, their team led nation in scoring 4 or 5 years w/ 5 really good players
- Always impressed with John Calipari's teams defensively because he never does a lot of defensive drills with team
  - The secret is, Cal does 50 minutes of 5 on 5, spread out 1 on 1 drive
  - Offense is on attack, defense has to be able to survive guarding the ball under heavy 1 on 1 pressure
- Pastner never uses the word ‘run’ with his teams, always says ‘sprint’
- So many coaches say they want to play fast, but like with anything else you want to do you must be COMMITTED
- When his team doesn't want to sprint in drills or in live he will play a 2 minute game and go crazy, make them play ultra fast, push the ball, score as fast as possible. Speeds everything up
  - Ex. If there is a foul, add point, give ball to other team and GO!
  - After about a minute players are just dead
  - “Are you sure you want to run?”

### **Memphis Motion**

- Starts in stack set, likes to “swing the wings” (Cross them, set screens for each other to get open)

- Guards can curl tight for shot then pop straight out to get open on wing
- Once ball is entered to wing, point goes wide to opposite to corner. Weak side guard that is being pushed out always comes “up through the nail”
  - Either straight up the lane or sometimes depending on spacing he will have to cut it short and go through the elbow, then up through nail to get ball on top
- Posts are wide setting pin downs and flares for guards
- Favorite actions are:
  - 1) Curls
  - 2) Flare/ Backscreen
  - 3) Flare/ Rescreen
- Becomes continuity motion offense
- Guard on top with ball is able to score 4-6 points a game breaking off and beating man 1 on 1 because of the repeated screening action that is occupying the 4 other players set out wide on the wing

### **Additional Thoughts**

- Posed this question, what do you run for the play after a play?
  - When your set call breaks down, doesn't work, you get offensive rebound – do you have something your team can auto into for these situations?
- Believes simple is powerful
- Uses 4s that are really 3s
- Lute Olson likes entering ball from top of key, especially if you have shooters on wing – hard for them to help off
- Drives MUST get to the paint!
- Charts Pick and Rolls as Result (score, TO, post score) or Reset (Defense defends)
- Memphis has a huge emphasis on not allowing 3s
  - Teams of lesser talent can beat you if they hit 3s

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Sean Miller  
University of Arizona

### “Passing Game” Motion

- Refers to it as their default or “termination” offense (quick push in transition, after UOB that doesn’t score, offensive rebound, etc.)
- Termination = the play, after the play
- They make the basketball court a “map” taping down important areas on the court for players to visualize
- Very big on having program use same terminology, has a sheet of every term used in program
- Like to run their motion higher on court and tape down “motion line”
  - Runs a foot above the block, sideline to sideline
  - He likes players to take baseline drives in this as there is spacing available
  - Top of key area = Pocket (like pocket in football)
  - Pocket = pass
  - Does not like drives from top of key, no room to make plays

“(Receiving screen) Slow to cut, (screener) sprint to screen”

- Cutter should always be aware of, ‘where is my man and where is ball’

### Types of screens used in Passing Game

#### 1) Away Screen

- a. Guards looking to curl
- b. Posts always screen and ‘peel back to ball’
  - i. Get a lot of shots from this
- c. 2 players are communicating as post is coming to set away screen and if there becomes an opportunity for post to change angle, (i.e. pinning defender in, guard spotting up or spacing to a spot) Post or Guard yells, “CHANGE”

#### 2) Back Screen

- a. Use ‘Fist Up’ = I’m coming to get you
- b. “Back screen for a passer”

- i. Screener sets back screen then can look to pop for quick 3 if defender doesn't jump to ball
  - c. "Back screen, button hook"
    - i. If guard jumps to ball, guard takes him into post, reverse pivot post up (Similar to duck in)
  - d. "Switch"
    - i. Screener goes chest to ball, cutter finishes his cut all the way through (Like a receiver running a route)
    - ii. Another good opportunity to 'button hook'
- 3) Flare Screen
  - a. Only set for good shooters
  - b. Only bigs set
  - c. Guard must read man, curl around flare is always open late
  - d. "Sitting Duck" – guard sitting in help, away from man
    - i. Guard on 0 run straight off screen, no need to engage with defender. Run to a spot
  - e. Screener setting flare can pop back for 3
  - f. As ball is in air to flare man, big can roll to hoop after screen
  - g. Miller loves flares vs "switch" (Finish cut, chest to ball – like a slip action on POB)
- 4) Ballscreen
  - a. Likes posts passing to guards and follow and get action
  - b. Bigs can set screen and "rim run" as opposed to "screen and roll"

### **Additional Thoughts**

"When in doubt, move the ball or move yourself"

Ball reversals = Good offense

When teams switch POBs – Likes big to slip quick and guard to come off screen and drive hard



Tim Grgurich

### Building your Defense

“If you can’t teach, you can’t coach”

“Must become a teacher before you become a coach.”

“Cut to score, cut hard”

“Everyone wants to dribble now, we have forgot the pass. Passing teams win championships.”

“Expect the unexpected”

“Must build trust with your players”

- PGs stay off sidelines when pushing ball up court, gives you room to go right or left
- When you have wings that run wide and get down court, Bigs can help put a lot of pressure of Defense when they “rim run” causing defense to collapse
- Bigs must be your communicators on defense – They see EVERYTHING!
- “Protect close out man” – help side be ready to react and protect, close outs are tough
- Teams must be great at transitioning into their defense (Talking, pointing, sprinting, communicating, getting to stances)
- To be a good defensive coach, you must have more energy than the players everyday

### **Defending Ball Screens**

- For bigs to be successful in POB Defensive schemes such as Show, Trap, Switch, they MUST stay attached to their man
- Big MUST put CHEST to man with ball
- In a Side Pick and Roll with Loaded Corner: Guard in corner must tag post rolling to rim early so he can recover to his man spacing up for 3
- Drags in Transition are the hardest to guard
  - Bigs can slip to score, screen for shooters, pick and pop very effectively when done well
- Post defending drag must push up on screener allowing space for his guard to get under quickly to recover

- Staggered Drag screens hard to guard with 1) first screener being post that runs/rolls hard to rim. 2) second screener being a good shooter that can pop
- Contact Show = Defender shows, but stays attached with his man the whole time
- UNLV “levels” drags out, stops progress to hoop – similar to corral



Steve Spencer  
Orange Coast College

Player Development

### **5 Parts to Player Development**

- 1) Weight room (Heavy ball pivots = lunges)
- 2) Conditioning – every player should strive to get outstanding mile time
- 3) Basketball conditioning workout
- 4) Shooting workout – get reps
- 5) Play – put work to use

### **Post Development**

- Doesn't use pads – physical contact in workouts
- All players must develop go to move and a counter
- Work on the process! Footwork first, position, etc.
- Post up – once w/ ball, check middle w/ “chin on shoulder”
- On hook – get inside shoulder leaning to basket
- Has players practice hook, baby hook by using opposite hand to “block shot”
- Guards need hook too!
- Work on different releases 12, 1, 2 o'clock & 12, 11, 10 o'clock
- Post up with small, choppy steps
- Post with “field goal post arms” – strong, wide and aggressive
- Posts must catch and “pop” ball – elbows out, ass to defenders knee
- Straddle second hash
- Front pivot middle:
  - Shoulders to hips – Get lower!
  - Feet pointing to where you want to go
- Quick spin = quick front pivot baseline
- Must go somewhere with dribble – no wasted dribbles

### **Additional Player Development Notes**

- In drills make players protect ball
- “Don't do drills, play basketball” – Meaning, drills need to be live working on playing the game. Ex. When you rebound protect the ball
- Footwork – Best players in the world have the best footwork – Teach it, work on it!
- Rebounding – “Pop” ball, chin and have your chin to your shoulder before you land. Improves vision of outlet

- On curls:
  - Get inside shoulder to hip of screener
  - Inside foot – big tight step around screener
- Teach players with contact – form them like “Play-doh”
- Everyone needs a hook! Coaches too!
- When defender’s hands are down = Offense go “shoulder to shoulder”
- When defender’s hands are up = Offense go “shoulders to hip”
- Players need stutter step! Herky jerky shoulders and feet – get a rhythm
- Contact builds trust w/ players
- Shooting (see Paul Hoover):
  - Feet not pointed directly to rim
  - Pinch index to thumb = straight follow through
  - “Foul self with guide hand” (Reggie Miller) = Takes care of thumb
- Tough drill:
  - Player starts with ball at FT line facing full court
  - Coach yells go and counts down 3, 2, 1
  - After shot player must zig-zag D-Slide back until coach yells go.
  - Player sprints after ball
  - Once he picks it up coach counts down 4, 3, 2, 1 – Player sprinting to score on other end
  - Drill continues 2-3 times
  - Ends with FTs
- Refers to it as “Human” development, it’s more than about developing kids just as players





Jack Murphy  
Northern Arizona

### Zone Defense

#### **3-2 (1-2-2 Set)**

- Top man is “Yo-Yo” man (Athletic, covers ground, active, good instincts)
  - Ideal 3 was Luke Walton when at U of A (Could front well)
- Man on ball is the only person guarding 1 – all others guarding multiple
- Practices with 7 on 5
- Yo-yo going top of key to block –fronts post when ball is in corner (Post plays behind to form “bracket”)
  - Yo-yo must be in front to stop baseline drive
  - Wing must slide down and have hand in lane to take away dump down from baseline drive
- Break down with 3 guards
- Breakdown with yo-yo and 2 posts
- Anytime there is a skip from corner to top, weakside guard becomes yo-yo, and original yo-yo veers back to take weakside guard spot
- Defends well against ball screens (Recommends ball screening vs. 2-3 zones)
  - Set up to defend outer 1/3
- Outer 1/3 they down every ball screen (force to yo yo man, low big would take corner)
- Middle 1/3 – can’t get beat between elbows
- Outer 1/3 – can’t get beat between elbow and block
- Middle POB defense is critical (Guards over top/ Bigs straight line at level of the screen, fan out)
  - Bigs must attack in straight line ballhandler coming off to force him to outer 1/3 (Must be ready to slide)
- Teams will try to attack middle on offense
- Must guard flash!
- Off guards must have inside hands up – force ball to wing (No catches at FT line)

#### **To beat 3-2:**

- Patient offensive teams will want to take advantage of switch on yo-yo
- Middle POBs

- Flashes to Middle

**Additional Thoughts**

- Must be a great stunting team – guards and bigs work on stunting all the time!
- Best rebounding opportunities on weak side
- The more athletes you have, the more you can send to the glass



Derrick Clark  
Metro State

### Pressure Defense

- Mike Anderson's Missouri pressure D was good because even if you broke press, they would still pursue just as hard from behind!
- Mike Anderson/Frank Martin great at raising his players level of COMPETITIVENESS
- If you want to press – you must be married to it
- One thing that helps pressing team is making shots! More opportunities to set up defense
- Goal is to be DISRUPTIVE
- On Makes:
  - 1) Take away primary ball handler
  - 2) Play at altitude – Make conditioning a factor
    - a. May not see results in TOs but press will wear on a team as game goes on
  - 3) Control Tempo (Speed up / Slow down)
    - a. Semi Final game w/ West Liberty (2 teams that play hard = going to have a lot of TOs)
  - 4) Force TOs
    - a. Get opposing team to take uncharacteristic/bad/quick shots
- Not about athleticism, but EFFORT – Must have it!
- Team must be good CONVERTING from O to D – Get to spots!
- Forget about matchups when you trap – be ready to move!
- Know difference between Traps and Run & Jump
- When 5 man or post has ball – everyone yelling “STICK” (Even bench)
  - \* Usually if big has ball in back court or away from hoop in front court \*
    - o Alerts team to go into full denial
- “Back Flow” – Ball gets ahead of defense – players must sprint back to ball (Good opportunity to trap)
- When working on press, will put bigs up front to make them appreciate how much work the guards have to do
- Have a press to take time off clock – contain (No traps/ not aggressive)
- 5 man/ posts must have Great Communication (see everything)



Jeff Rutter  
Arizona Christian

### Instilling Toughness in Your Program

- 1) Recruit tough kids
- 2) Define toughness (expectations, standards)

“Toughness is doing the right thing when its very difficult”

- 1) Lead courageously
- 2) Responsibility
- 3) Fight “passivity”
- 4) Work towards greater reward

Next Play Mentality

Control what you can control

Monitor players emotional responses to things

Loves the word “Resilient”

Important people to learn from in regards to toughness:

- Spencer Wood
- Jon Gordon
- Jay Bilas

Chart toughness –screen assist, deflections, 50/50 balls, charges

- Dan Miles at Oregon Tech has a good point system

Conditioning sets the tone!

- The mile is all about, how much pain can you endure?

Head coach and best player cannot have a bad day!

Toughness Drills:

- 1) Triangle Pass
  - a. One Player on FT Line, Block, Block
  - b. 3 players on defense

- c. Player at Free Throw line starts with ball, no dribble – defender heavy pressure tracing ball
  - d. Offense must pass around without turning ball over, having it deflected OR having their pivot foot move.
  - e. Offense cannot not raise up at any time
  - f. If any of that occurs, they individually are out and move to end of line
- 2) 4 on 4 on 4 No Paint
- a. Defense must keep offense from getting to paint
  - b. Defense must also contest every shot, block out and rebound
  - c. Goal is for Defense to get 3 perfect possessions with a stop in a row
    - i. Great Peer pressure and emotional response drill
- 3) 50 Pass Game – Don Meyer
- a. 1 point for every pass
  - b. No dribble
  - c. Any offensive player that passes off back foot or raises up away from defense (anything soft basically) = TO
  - d. 5 second count = TO
- 4) Baseball
- a. Defense must get 3 “outs” to go to offense
  - b. Keep track of score – “runs” = 2 or 3pt shots
  - c. Go as many innings as you like
  - d. They like each inning to be a different series, for example:
    - i. 1<sup>st</sup> Inning both teams are running their Trans O
    - ii. 2<sup>nd</sup> Inning both teams are in Half Court Offense
    - iii. 3<sup>rd</sup> Inning both teams are in UOB sets
  - e. You can work on various situations or just play Half Court O the whole time



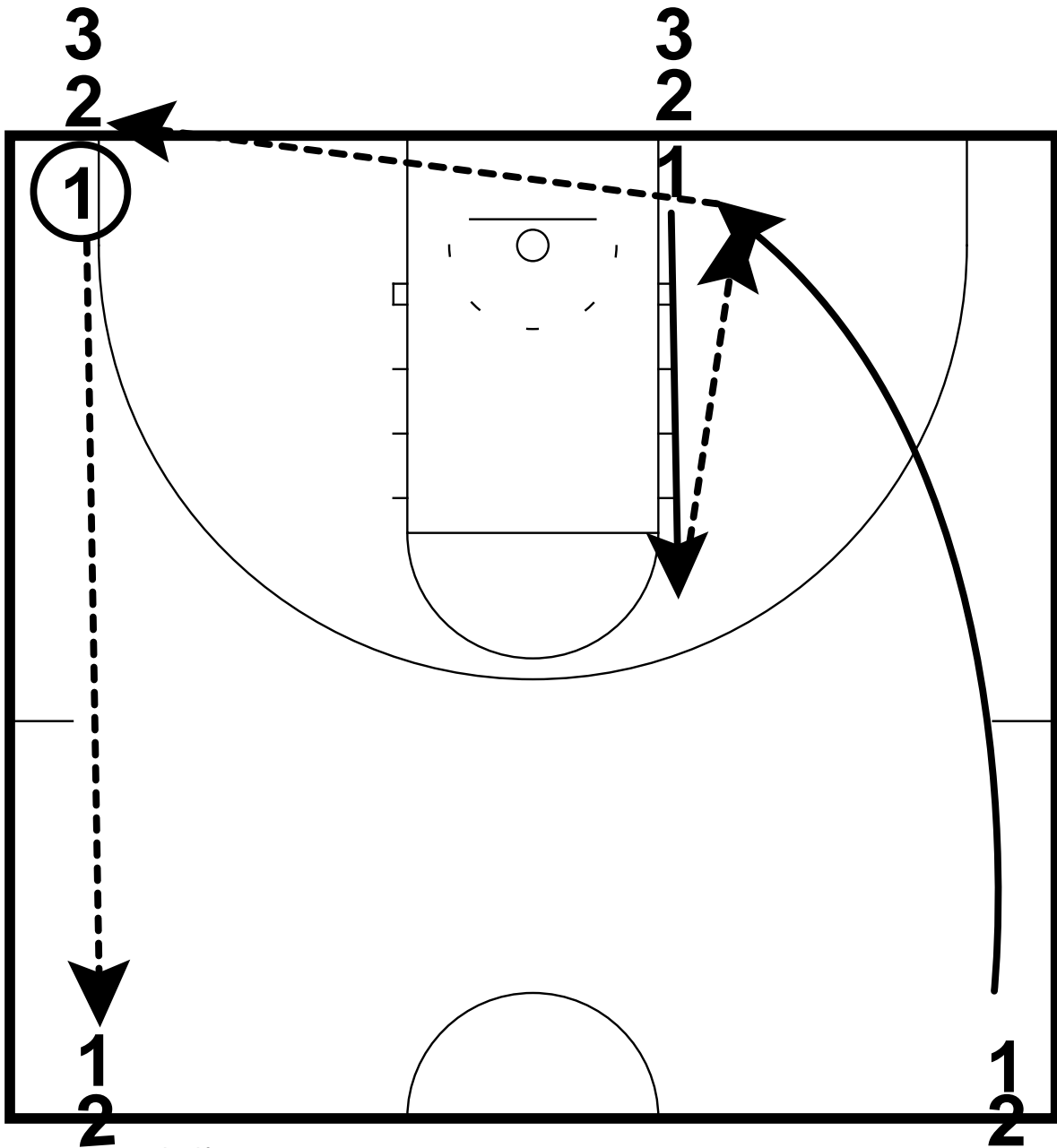
Jim Saia  
Cal State San Marcos

Becoming a Better Passing Team

- “Two most important words in coaching: TEACH & DEMAND”

(See Fast Draw Diagrams for Drills)

# Jim Saia: Hummer



1) Corner passes to halfcourt

2) Halfcourt passes to man cutting up lane (will catch and throw quick backdoor pass)

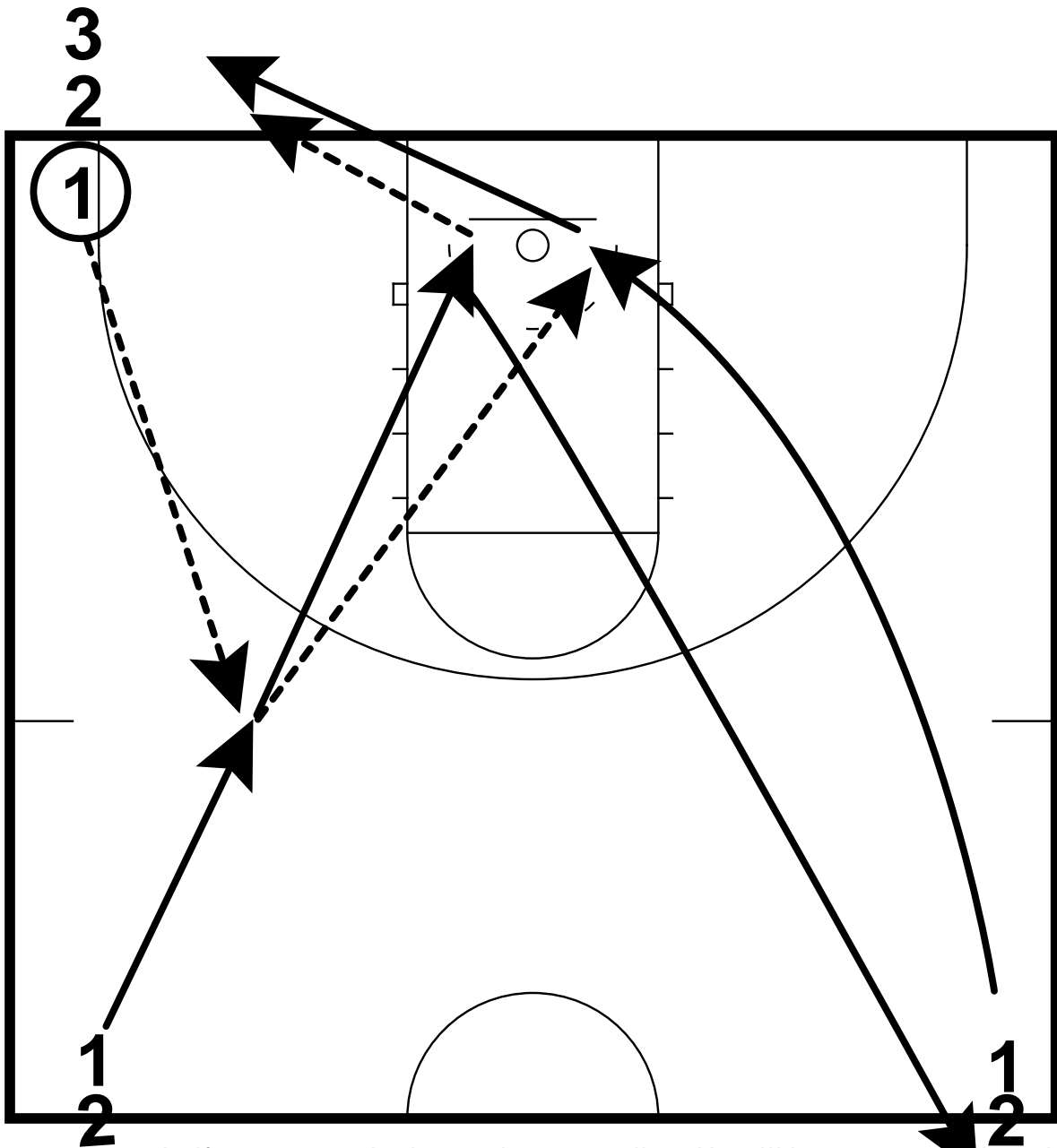
3) As that is happening opposite man at half court is sprinting to rim to catch, jumpstop, pass to 1st line

\*\*\*Rotate by following your pass!\*\*\*

\*\*Clock set for 1 minute as many passes in a row w/o mess up

\*Switch Side

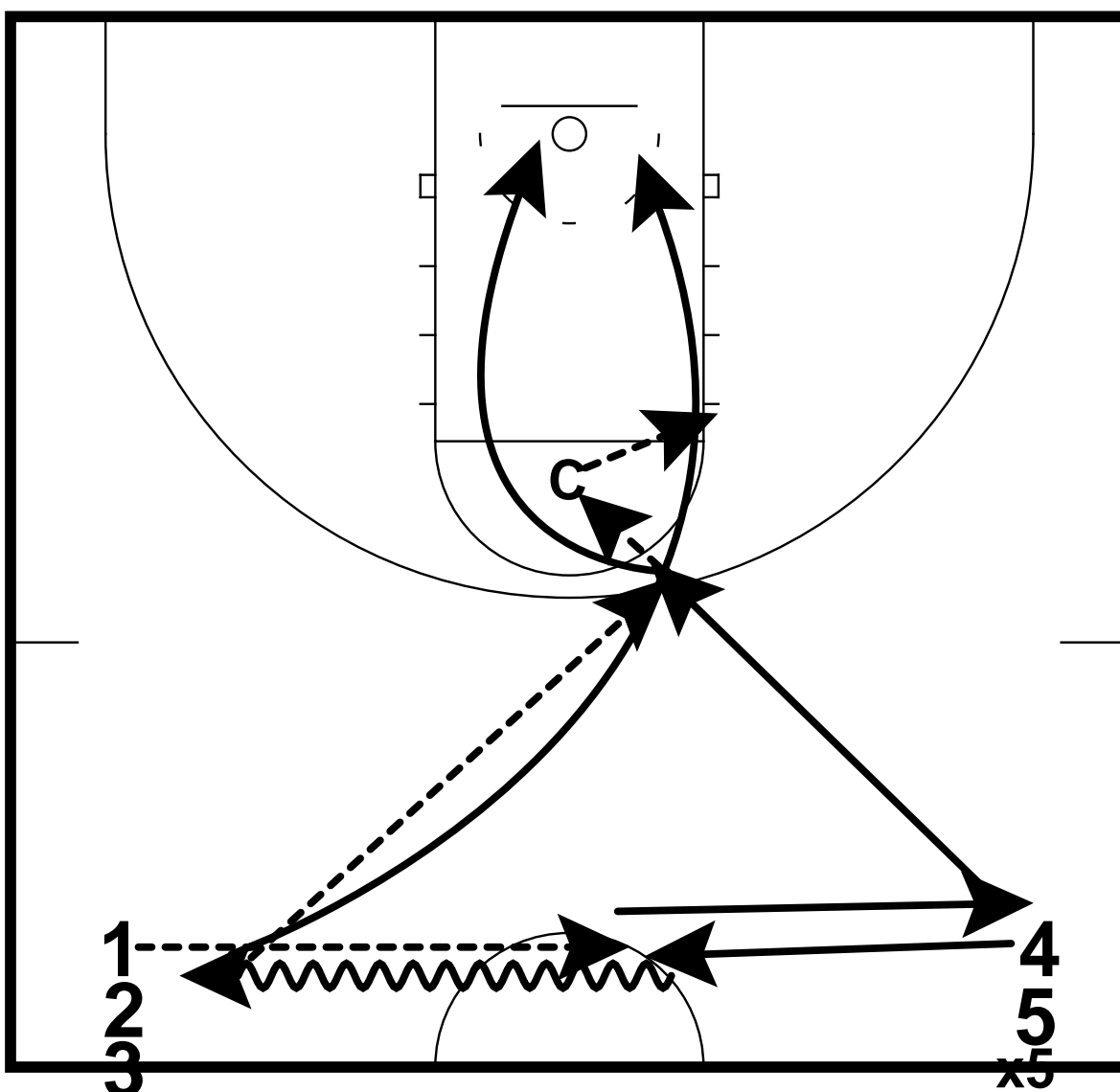
# Jim Saia: Lay Ups Right/Left



- 1) Corner passes to halfcourt man who is running to 3pt line. He will jumpstop, catch and reverse pivot to pass to man opposite him sprinting from half court
  - 2) Catch and finish no dribble, passer rebounds and passes to man who makes layup
- \*\*\*Rotate to line you passed to\*\*\*
- \*\*Need to get 20 in a row perfect, then switch to "Left Layups" (Players should think ahead and start moving into correct positions to CONVERT smoothly and quickly!)



# Jim Saia: Splits Right/Left



- 1) Player 1 Passes to Player 4 who is already running to meet pass
  - 2) Player 4 catches and dribble to opposite side  
After Player 1 passes he is running to opposite side
  - 3) Players jump stop at same time and reverse pivot
  - 4) Player 1 reverse pivots and sprints to top of key  
Player 4 Passes to Player 1 and sprint to top of key
  - 5) Player 1 must catch and make quick pass to coach and cut around  
Player 4 will be 2nd cutter and receive pass from coach, finishing with NO DRIBBLE
  - 6) Rebound to ball side players run outside drill to opposite lines
- \*Need 20 in a row, then switch to Left)\*



Chad Iske  
Denver Nuggets

### Game Planning for Your Opponent / Guarding Pin Downs / Offensive Sets

- George Karl wants his assistants to be well rounded and to start thinking like a head coach
- Figure out what teams like to do to disrupt your best players
  - (Ex. Ty Lawson – Teams put size on him, switch his pick and rolls)
    - Nuggets want to put Ty in situations that counter/exploit that
- Have your counters and adjustments to everything already built in
  - (Ex. Vs. Guard on Guard Switch, Vs. Monster, Vs. Every POB Defense, etc.)

### **Pin Downs**

- Start with great ball pressure from PG w/o getting beat – get ball out of middle

#### Lock & Trail

- Get into offensive player, get lower than him and stick to his hip
- Approaching screen- step through and around screen
- Big shows half a second to buy guard time
  - Can't show too early = slip to rim, dunk
- After PG makes pass, ball in air, guard must stunt to buy guard time, plug driving lane

#### Lock & Gap

- Lock to man, but shoot gap at level of the screen
  - Shooting gap too early = flare and in NBA, 3 points w/ players like Ray Allen

#### Top Lock

- Get on top of man and force him away from screen in one direction
- Big must drop and protect so it doesn't become back door or lob to rim
- Teams will send shooter off pin down on other side to counter

#### Switch

- Usually vs a player like Durant

- Nuggets had Wilson Chandler who they liked to have switch off to Durant – who ever was guarding Durant would try to send him to Chandler’s side

Vs. Floppy Action

- Point would force to weak hand
- As both sides come off the weakside post must help off to strong side and guard must help in after his man comes off weak
- Must prevent strong side slips
- Offensively, Nuggets would get a lot of lobs to rim from this action

Floppy Drill:

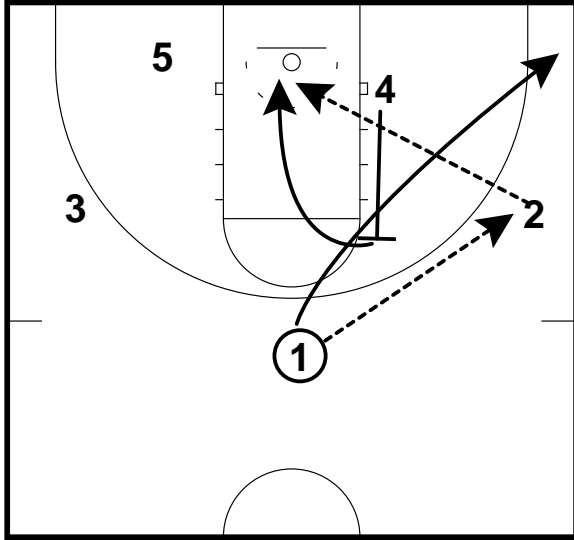
- Have guards come off screen to receive pass from PG
- PG then sprints under hoop with other guard and they work to come off
- Run this 3x then go live – gives guards a lot of reps to work on getting around screens/ shooting gaps and staying locked to man
- Miami Heat jump the floppy with strong side big – forcing guard to dump down to post
  - They figure that with all the playmaking guards in league – would rather put ball in post players hand to make play

**Sets vs 2-3 / 3-2**

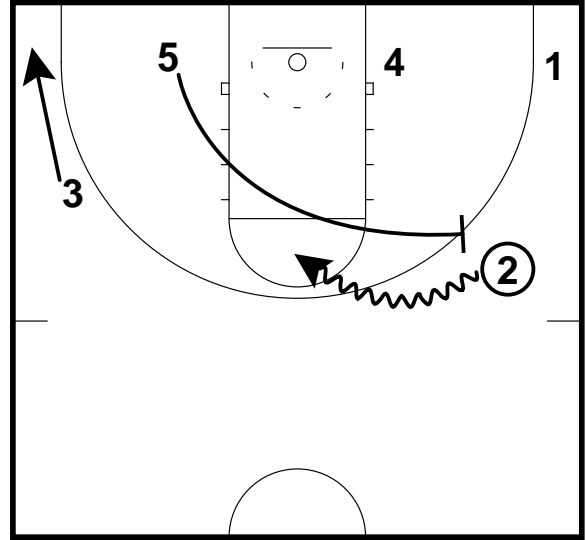
(see Fast Draw Diagrams)

# Nuggets Quick Zone Lob

Vs. 3-2 Zone  
Frame 1



Vs. 3-2 Zone  
Frame 2

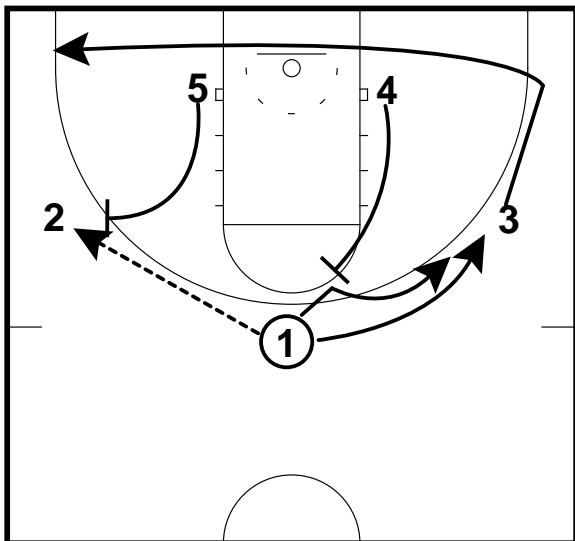


- 1 hits wing and runs off 4s backscreen to corner
- 4 turns and runs to the rim
- 3 in corner or lob to rim is usually open
- \* 2 can hit 1 in corner & that quick lob will be open sometimes as well

- If neither option is open, 5 comes out to ball screen
- 3 spaces to corner

# Nuggets Zone POB Flare

Vs. 2-3 Zone  
Frame 1



- 1 hit wing and depending on defense, take his man in to flare or flare to space
  - 5 runs out to wing POB
  - 3 slides to corner then runs baseline
- \*Try to get all actions to happen at same time