

ZONE ATTACK

10 CONCEPTS THAT HURT A ZONE:

- 1) Quick and consistent **ball reversal**.
- 2) The **inside-out attack** with ball movement.
- 3) **Dribble penetration**, which makes two defenders guard one. Additionally, when this occurs, pitch for open 3's.
- 4) Teams that **pound the boards** to either finish, kick out for open 3, or get fouled.
- 5) **The full reversal**, which means that the zone doesn't mind the quick reversal from wing - point- wing, but hates the same reversal and the ball is passed to the corner? Why? This flattens the zone out, frequently exposes the 5 man, forces zone to bump, and opens up the top of the zone for a shot or penetration.
- 6) **Cut and replace**. I believe excessive cutting is easier to guard than a well timed cut and replace action. My point here is the players need to think "attack" instead of multiple cuts....give me a quality set (e.g. 1-3-1 versus 2-3 zone), big spacing, and quick, "full" reversals over a continuity attack any day....too much cutting numbs the player and does not allow him to really see and think about scoring!
- 7) **Screening**. I always say one quality screen is worth three poorly executed screens. The zone does not like to be screened, especially the weak side.
- 8) **Set Plays**. Always nice to know you have a package to use for a specific shot from a certain player. It is important to remember that offense is only move and countermove.
- 9) **Dribble chase**. A dribble at forces the zone to bump and this involves communication, which is exactly what defense does poorly in most cases.
- 10) **4 around 1 or 5 out**. A big box set, get ball moving...NO CUTTINGsame with 5 out....show a 2-1-2 set with 5 at nail/free throw line and just pull him/her straight out, above 3 point line.....and get the ball moving...then go to your attack set.

ZONE ATTACK

TEACHING PHILOSOPHY

- 1) TEACH OUT OF WHOLE: 5 ON 0 = SHELL IT.**
- 2) CORRECT WITH SIMPLICITY & DETAIL IN MIND.**
- 3) TEACH TO THE ADVANTAGE, 5 VERSUS 3, 5 VERSUS 4, ETC.**
- 4) PRIORITIZE CONSTANTLY: PERSONNEL & SYSTEM.**
- 5) DRILL IT.**
- 6) COMPETE WITH TIME & SCORE: TEACHING IS A PROCESS.**

DRILLS

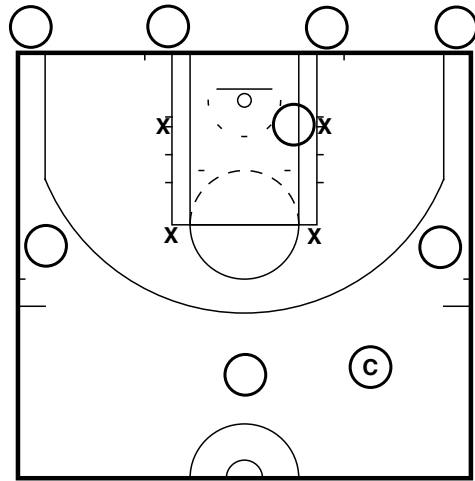
- 1) TIGHT SPACE PASSING.**
- 2) CUT THROAT DRILL.**
- 3) 4 VERSUS 5 / 5 VERSUS 6.**

4/4 DEFENSIVE CUT THROAT

This continuous, fast paced drill takes the boredom out of the normal shell drill. The best thing is that Defensive Cut Throat teaches with the whistle: the team that gets scored on or violates a simple rule must quickly rotate to the end of the line. What eventually happens is that players teach players by sheer necessity and it takes you out of the drill!

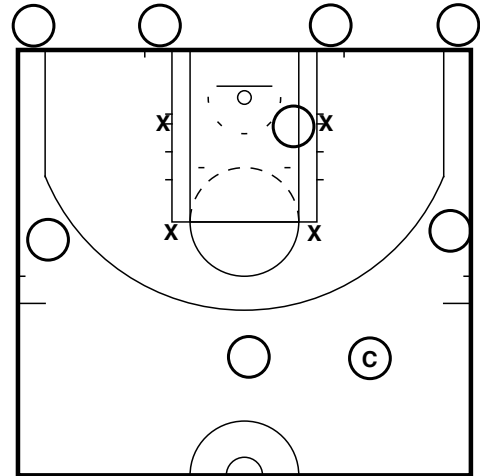
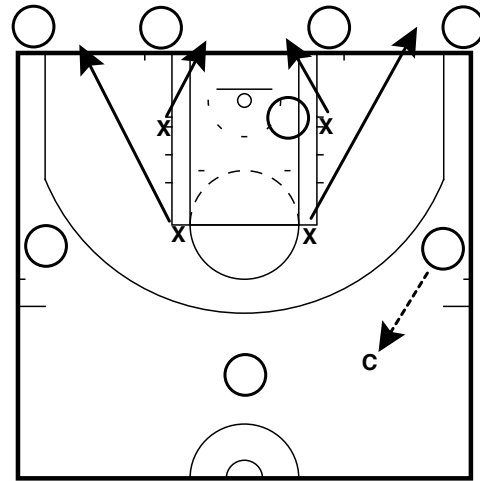
The Set Up:

- 1) 3 or 4 teams of 4 players.
- 2) Each team has their own color jerseys.
- 3) Teams not in the game are neatly staggered under the basket ready to sprint onto floor.
- 4) The coach running the drill is at the top, with the ball, whistle, and a truck load of percolating passion.
- 5) 4 offensive players waiting on the floor in any set you wish, such as a point, wing, wing, with a post.
- 6) The next team standing on the baseline, ready to sprint out and match up to their man, and spaced to ball correctly.
- 7) The offense plays with dictated rules like, one dribble, ball must be passed 4 times, hit post once, or 2 screen and rolls. Why? So your D can work against different attacks.
- 8) Rotation:
When offense scores they rotate to D: yes, they start at the baseline. If defense gets the stop, they stay on, and new offense rotates onto the floor .



The Rules:

- 1) The Defense must:**
 - a) Sprint out;**
 - b) High hands on their man, no matter if he has ball or not;**
 - c) Call man, ball, help;**
 - d) Be in a low stance at all times;**
 - e) Jump to all passes;**
 - f) Sprint off floor when whistle blows for penalty, AND throw ball in air to coach. Why? Keeps pace fast.**
 - g) 3 stops wins game and no they do not have to be consecutive, unless you want...players keep score.**
 - h) Any charge taken is an automatic victory.**
 - i) All victories validated by one player making a free throw, and if he misses no victory, loss of a point, and team goes to end of line.**
 - j) The coach may add or eliminate any rule to fit needs, such as "double all post entries from passer".....and so forth.**

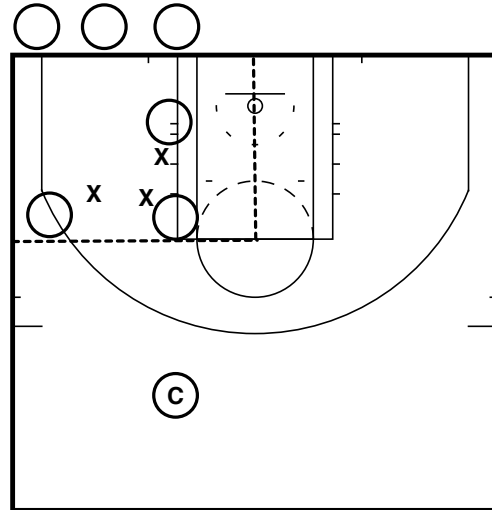


A tremendous drill-enjoy.

TIGHT SPACE PASSING DRILL

HOW?

- a) 3 offensive players must stay under the freethrow line and the bottom of the net.
- b) They pass the ball to one another with no dribble. A shot fake, pass fake, and quick pivots are required.
- c) Offensive team gets a point for each pass and 2 for a score.



WHY?

- a) We teach our players about proper spacing but sometimes they get caught in tight spaces. Hence, we must teach them how to get out of trouble.
- b) Teaches them how to pivot and fake. In this situation the bounce pass is most effective.

Emphasis: Shot fakes, pass fakes, pivots, and cut-n-replace action or screens

BIG SPACE PASSING DRILL

HOW?

- a) Spin ball out, rip pivot, and make a hard pass to the outside hand.
- b) Rotation to left. Thus, you can get a corner shot.

WHY?

- a) Long passes are necessary for big spacing. We must develop this skill with technique and repetition.

Emphasis: The feet and legs create velocity on the pass. Moreover, this drill gives our players an idea of “Big Spacing.”

