

Defensive Checklist:

On Ball

Stances	10/18
Close outs	10/18
Jump to ball	10/18
Ball pressure	10/18
Containment	10/18

Off Ball

½ gap	10/18
Help positioning	10/18
Low post defense	10/19
High post defense	10/19
Flash cuts	10/19

Situations

Downscreens	10/21
Inscreens	10/21
Backscreens	10/21
Ballscreens / Handcuts	10/20
• Hedge	10/20
• Squeeze	10/20
• Trap	later
• Switch	later
UCLA	10/25
Staggers	10/25
Block to block	10/26

Recovery

Transition	10/18
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Zones

Gray – 3-2 ½ court	week 3
Green – ¾ Gray	week 3
Red - ½ trap	week 2
Tampa – full court trap	week 2

Offensive Checklist:

Motion:

first 4 weeks!

Spot Actions...

- Top Spot
- Wing Spot
- Corner Spot
- Post Spot

Face Cuts

Back cuts

Filling action

Screening action

3 cuts

3 screens

Bounce Cuts

Post actions

Secondary Break

10/18 & 10/19

Sets:

- Thru week 2
- Rub week 4
- “B” week 2
- Triangle week 2
- Chin week 4

Zone Stuff

Virginia week 3

- Arm Chop
- Single / Single 4
- Double / Double 4
- Fist Down

Kentucky week 3

BOB's 2 / week

SOB's 1 / week

Late Game Plays 1 / week

- Wizard – ¾ SOB
- Weaver – FT break
- Eagle – ½ court ballscreen
- Homerun – full court pass / man on ball / can't run
- S & S – you must be able to run, timing!
- Stationary – can't move, 5 needs to be able to make decision and pass
- Zipper – timing play up sideline