

**How do you want your practices to look? I have always been roughly 60% offense and about 40% defense. The vast majority on offense was spent on Motion concepts and reading defense and most of the time defense was working on Man to Man.**

### **Defensive Checklist – My Defenses are always colors – man to man is BLUE**

#### **On Ball**

- Stance & footwork
- Closeouts (high hand, short choppy steps)
- Jump to the ball (early, not late)
- Ball pressure (dictate, don't react)
- Containment (no middle, no blow-bys)

#### **Off Ball**

- ½ gap positioning (see ball & man)
- Help side positioning (ready to rotate)
- Low post defense (¾ front, weak side help)
- High post defense (contest vision, deny cutters)
- Flash cuts (bump, communicate, recover)

**Screen Situations – these are common sets run in our conference and we tried to work vs them throughout preseason.**

- Downscreens
- Inscreens
- Backscreens
- Ballscreens / Hand-offs
  - Hedge
  - Squeeze
  - Trap
  - Switch

- UCLA cuts
- Staggers
- Block-to-block action

### **Recovery**

- Transition defense (stop ball, find shooters, protect paint)

### **Zone Calls – I did all my zones as colors**

- Gray – 3-2 ½ court
  - Green – ¾ Gray press
  - Red – ½ court trap
  - Black – full court trap
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### **Offensive Checklist –**

#### **Motion Concepts**

- Spot actions (Top / Wing / Corner / Post)
- Cuts: face, back, fill, bounce, 3 cuts
- Screens: down, back, flare (3 screens)
- Post actions (seal, repost, duck-in)

#### **Secondary Break**

- Flow into early offense options

#### **Sets – these are just sets that we have run in the past**

- Thru
- Rub
- “B”
- Triangle
- Chin

#### **Zone Offense**

- Virginia package: Arm Chop, Single/Single 4, Double/Double 4, Fist Down
- Kentucky package

### **Special Situations**

- BOBs (Baseline out-of-bounds)
- SOBs (Sideline out-of-bounds)

**Late-Game Plays – We try to put these in throughout the year, draw them up and may not even name them, but run them so guys have seen them in game type situations.**

- Wizard –  $\frac{3}{4}$  SOB
- Weaver – FT break
- Eagle –  $\frac{1}{2}$  court ballscreen
- Homerun – full court pass (man on ball, can't run)
- S & S – timing, must run
- Stationary – 5 reads & passes, no movement
- Zipper – sideline entry timing