

Howard M. Garfinkel

presents ...

**The Clinic to End
All Clinics IV**

**Manhattan College
Draddy Gym
April 16, 2011**

Starring

Jim Boeheim

Dave Odom

Bob Huggins

Rollie Massimino



Jim Boeheim

The Secrets of the 2-3 Zone Defense

pages 1 – 7



Dave Odom

Breaking the 2-3 and Matchup Zones

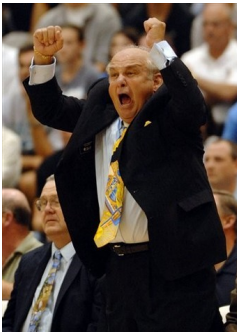
pages 8 – 18



Bob Huggins

The Science of the 1-3-1 Zone Defense

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Rollie Massimino

Multiple Defenses

pages 22 – 27



Dave Odom

Playing Against Pressure

pages 28 – 32

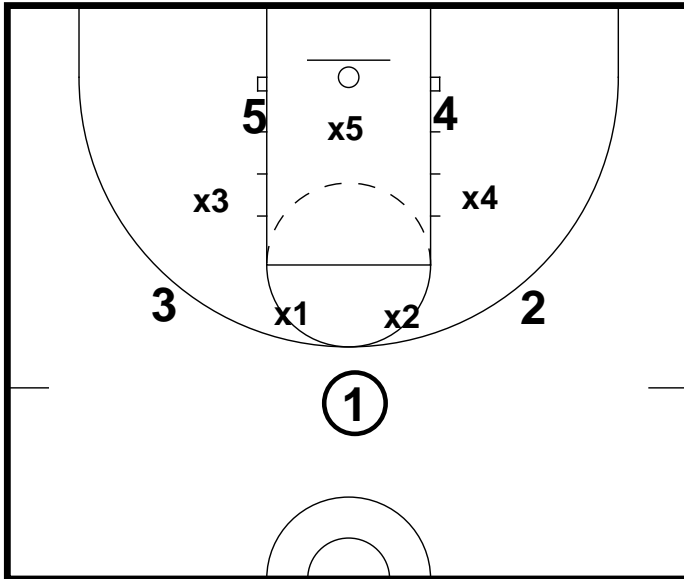
Dave Odom

Beating the 1-3-1

page 33

Jim Boeheim - The Secrets of the 2-3 Zone

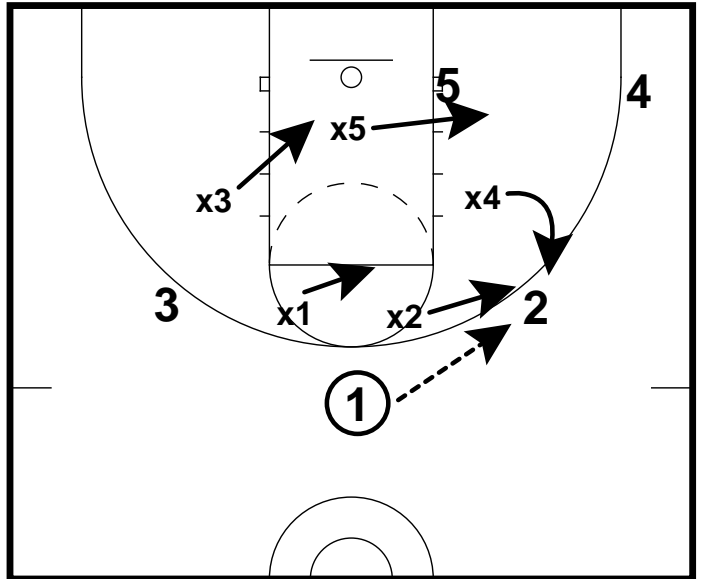
Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- Play 3 perimeter players with 2 guards and help from forwards
- Top 2 guys must be close enough to touch hands

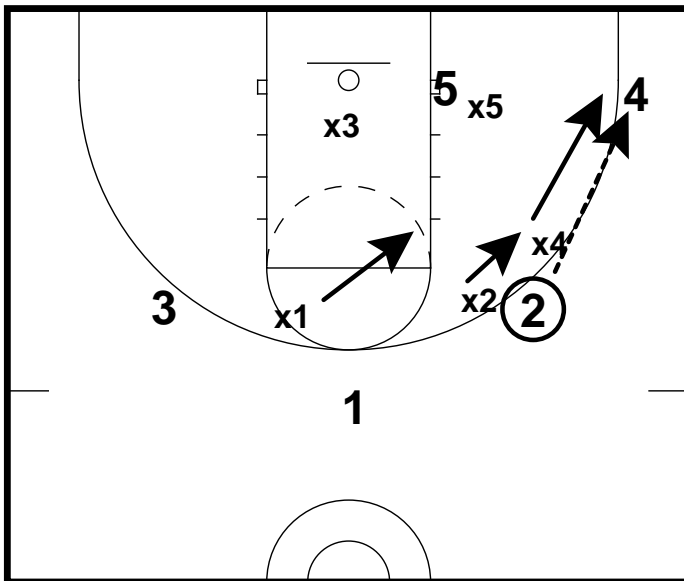
Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- First forward must close out on outside lane
- Forward bumps back when guard gets there, backs up into passing lane

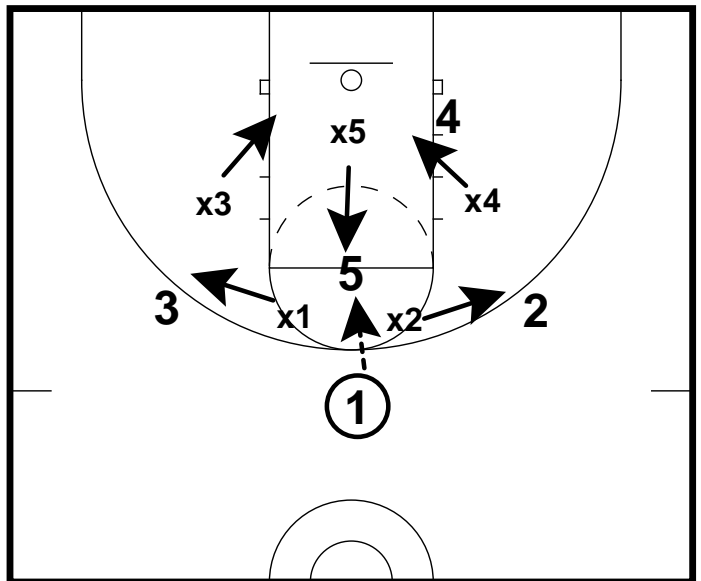
Jim Boeheim - The Secrets of the 2-3 Zone



Drills

- If the ball goes to the corner, the forward takes the ball
- x5 takes the strong side block
- The weakside forward takes the middle
- The weakside guard takes away the ballside elbow
- The ballside guard takes the ballside wing

Jim Boeheim - The Secrets of the 2-3 Zone

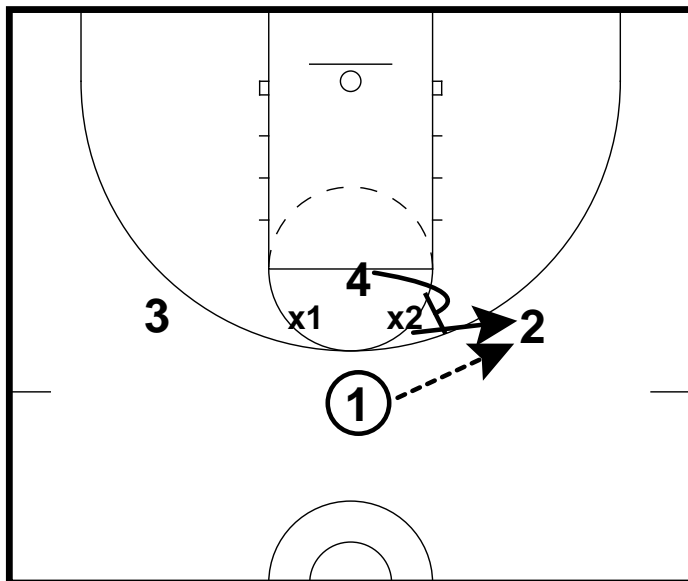


Drills

- Ball enters post
- x3 and x4 drop to blocks
- x5 hesitates while forwards drop and then picks up the ball
- Guards go to wings to take away shooters
- Defense is matching up now

Jim Boeheim - The Secrets of the 2-3 Zone

Jim Boeheim - The Secrets of the 2-3 Zone

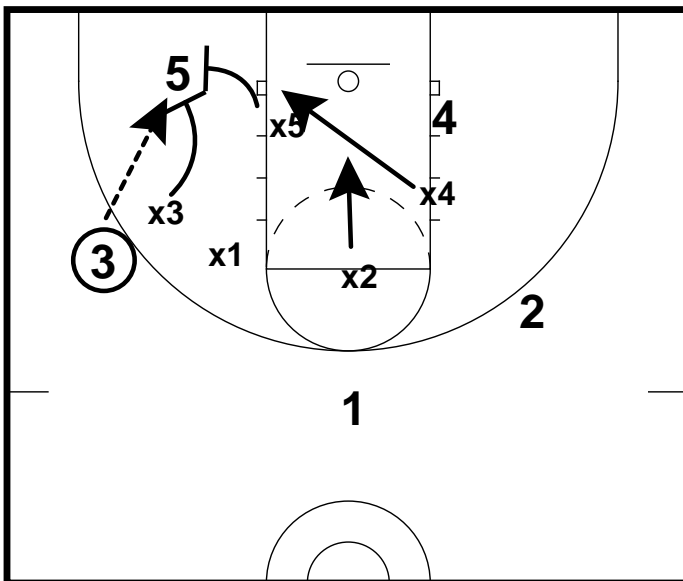


Drills

Drill for Screens

- 3 guys on the perimeter, 1 in the post
- Post screens the guards
- Guards fight over on a shooter and go under if it is a non-shooter

Jim Boeheim - The Secrets of the 2-3 Zone

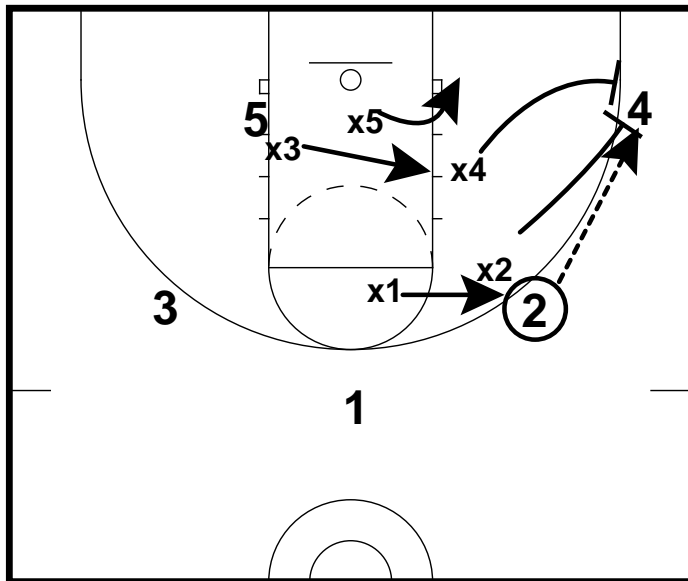


Drills

Trap Short Corner

- x5 steps out
- x3 doubles with x5
- x4 comes across to the block
- x2 drops

Jim Boeheim - The Secrets of the 2-3 Zone

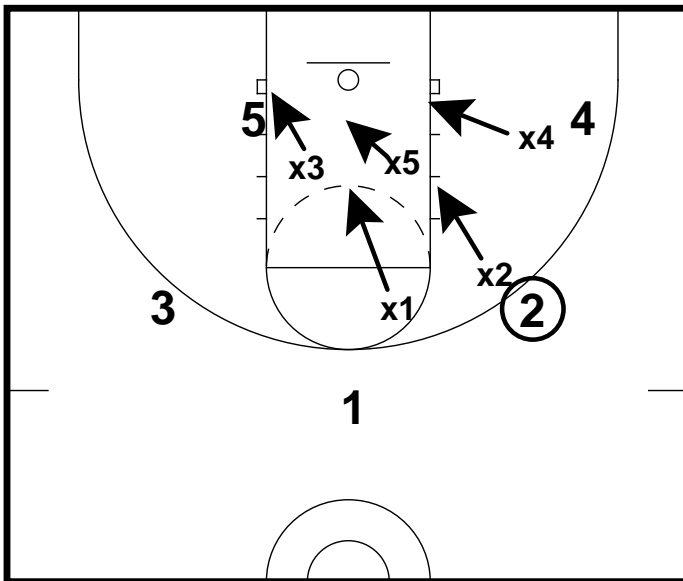


Drills

Trap Corner

- x4 and x2 trap the corner
- x1 takes away the wing
- x5 takes away the block
- x3 takes away the mid-post

Jim Boeheim - The Secrets of the 2-3 Zone



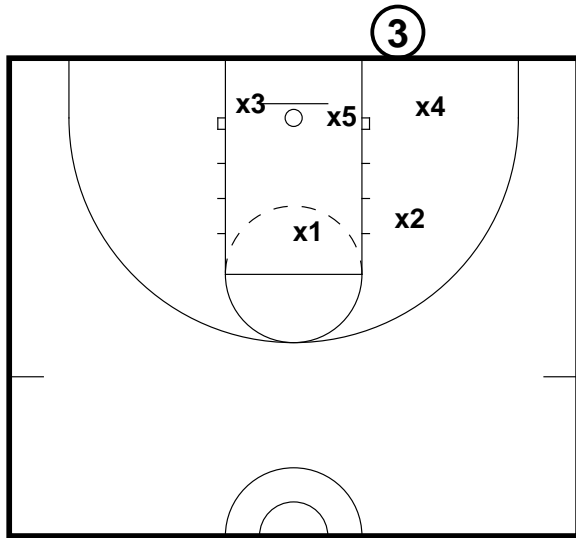
Drills

Rebounding Responsibilities

- Weakside forward gets to the edge
- x5 gets to the middle of the paint
- Ballside forward gets to the block
- Weakside guard gets to the middle of the paint
- Ballside guard gets to the lane

Jim Boeheim - The Secrets of the 2-3 Zone

Jim Boeheim - The Secrets of the 2-3 Zone



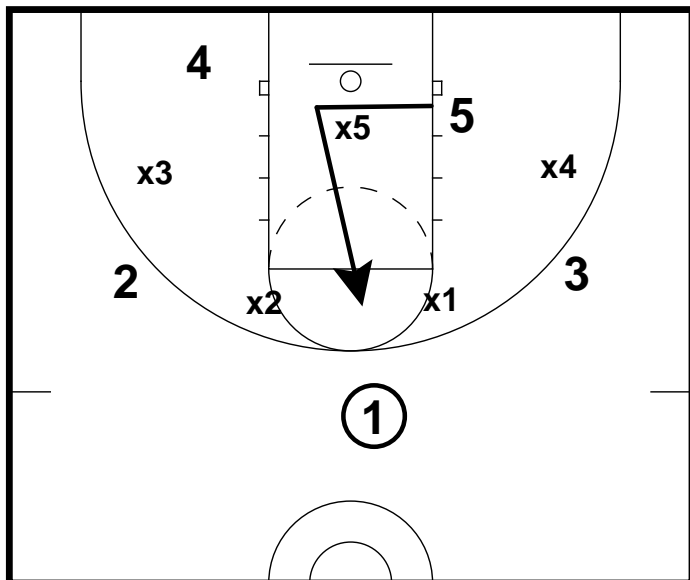
Drills

Alignment Against Baseline Inbounds

- Forwards cannot let the ball go to the corner
- Guards must take away the high post

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Principals

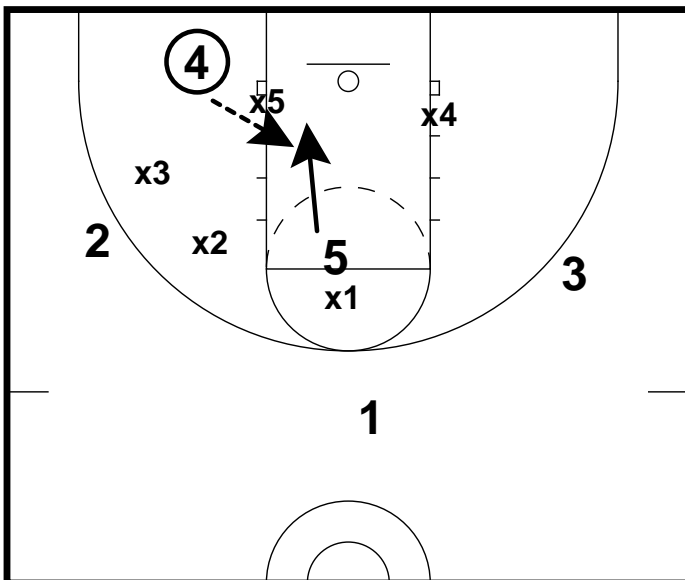


Zone Offense

Basic Alignment Against a 2-3

- 5 can start low and flash to middle

Dave Odom - Zone Principals

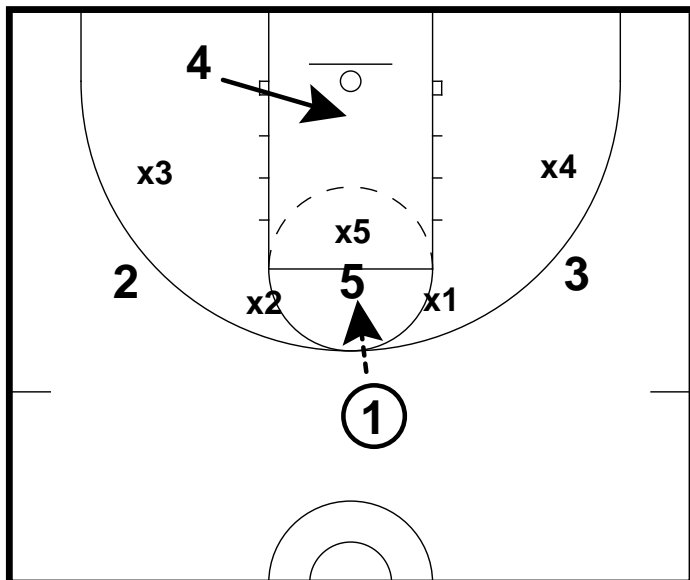


Zone Offense

Short Corner Entry

- 5 rolls to the rim
- 4 throws an air pass to 5

Dave Odom - Zone Principals

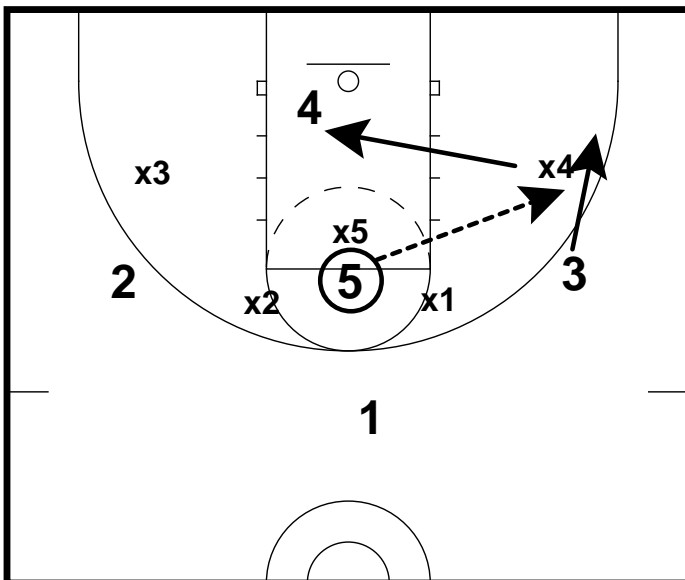


Zone Offense

High Post Entry

- When the ball goes to the high post, the man in the short corner cuts right under the rim.

Dave Odom - Zone Principals



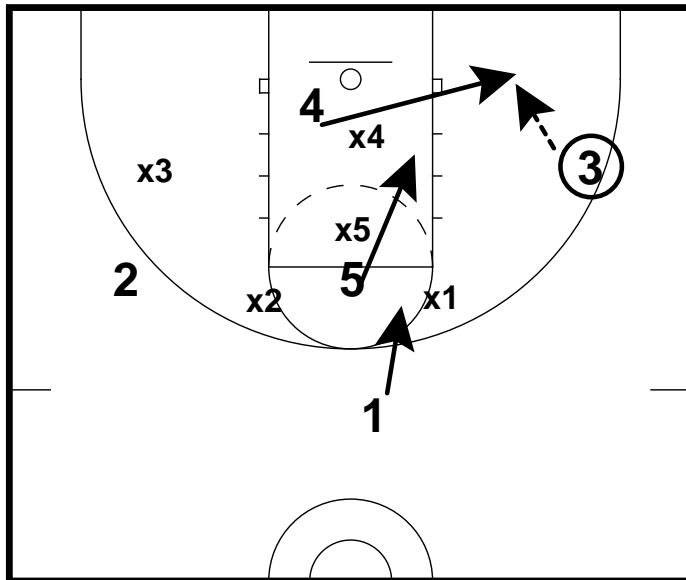
Zone Offense

High Post Entry Adjustment

- When x4 drops to take away the man under the basket, space the wing down and pass to the wing.

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Principals

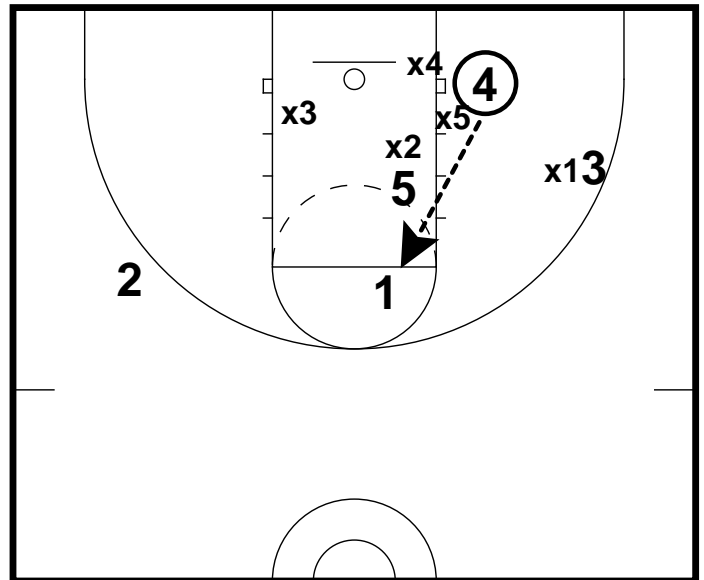


Zone Offense

High Post Entry Adjustment 2

- 4 flashes across the lane to the short corner
- 3 passes to 4
- 5 rolls down the lane
- 1 steps in

Dave Odom - Zone Principals



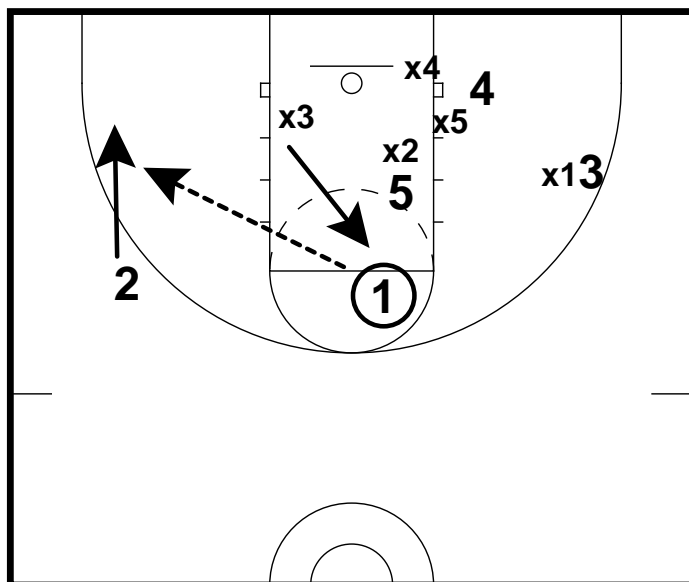
Zone Offense

High Post Entry Adjustment 3

- 4's first look is to 5 rolling down the lane. If he throws to 5, it must be an air pass since a bounce pass will be difficult to complete given the spacing and the fact that 5 is running at the ball.
- 4's second look is through the double team to 1 by the foul line.

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Principals

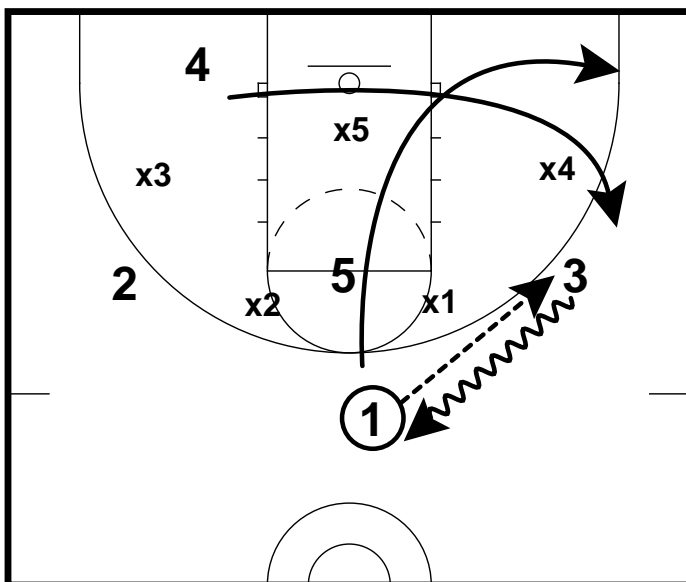


Zone Offense

High Post Entry Adjustment 4

- 2 spaces down to the corner
- 1 passes to 2
- 2 looks to shoot or attack the basket

Dave Odom - Zone Principals



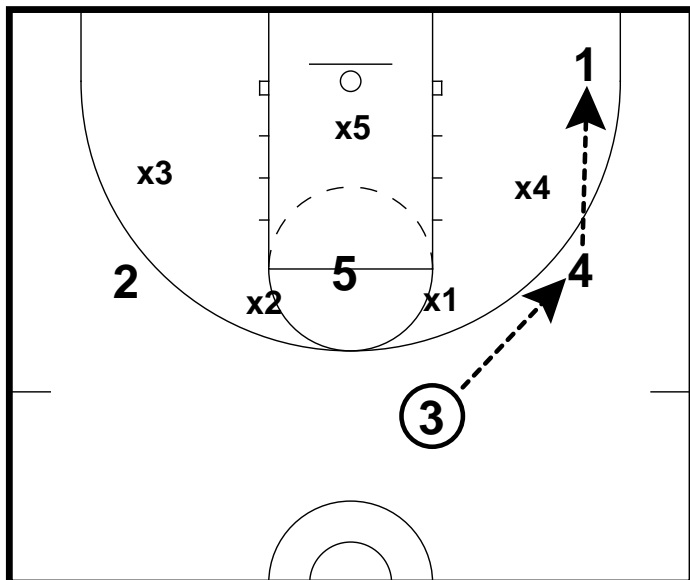
Zone Offense

Dribble Throwback

- 1 passes to 3
- 1 cuts to corner
- 3 dribbles to top of key to replace 1
- 4 cuts to the wing

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Zone Principals

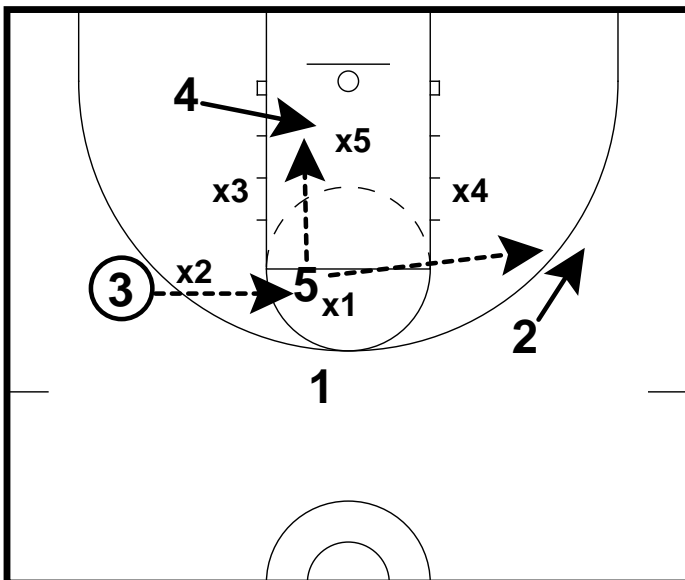


Zone Offense

Dribble Throwback 2

- 3 passes to 4
- 4 passes to 1
- 1 looks to shoot or attack the basket

Dave Odom - Zone Principals

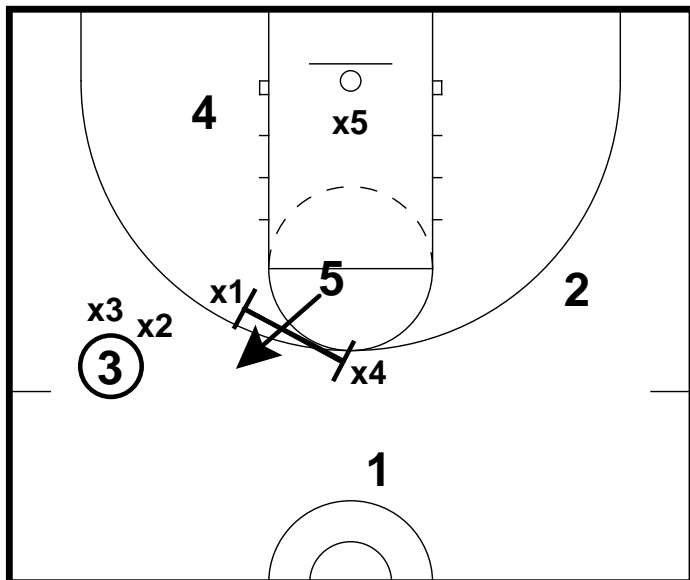


Zone Offense

Outside-Inside-Below-Reverse

- Ball goes into 5 at high post
- 5's first look is at 4 ducking in
- 5's second look is to reverse the ball to 2 spacing to the wing

Dave Odom - Zone Principals

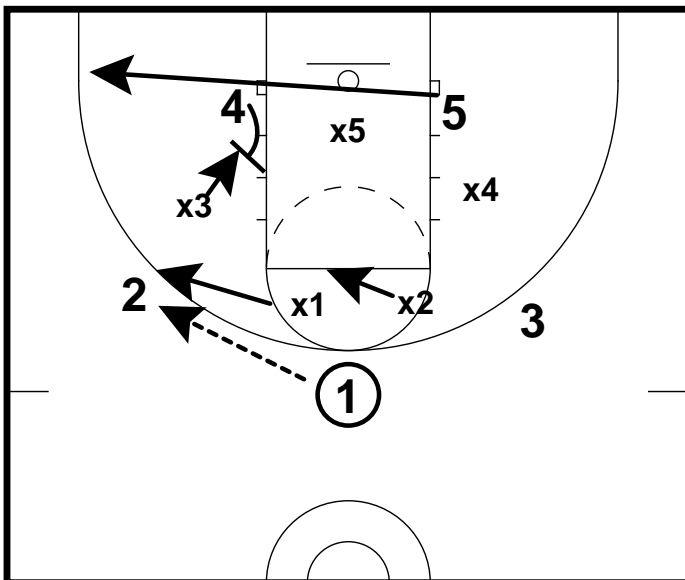


Zone Offense

Line of the 2 Interceptors

- Offense must get above the line of the 2 interceptors

Dave Odom - Basic

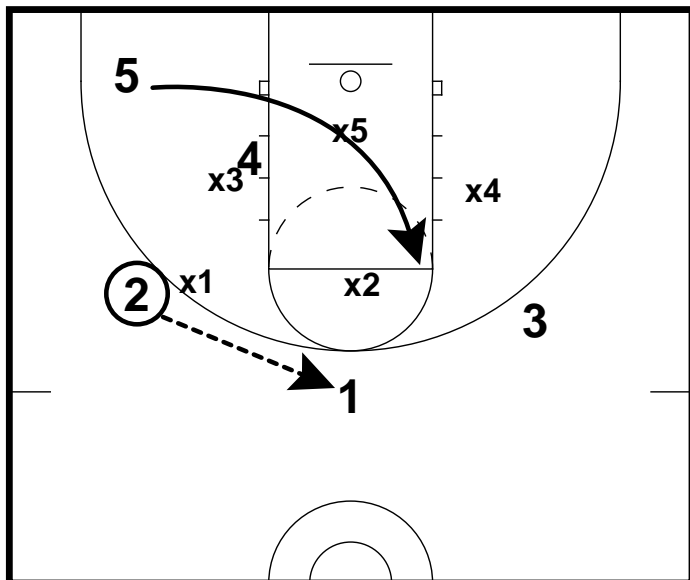


Zone Offense

- 1 passes to 2
- 5 goes to ball side corner
- 4 steps up and posts x3

Dave Odom - Breaking the 2-3 and Matchup Zones

Dave Odom - Basic

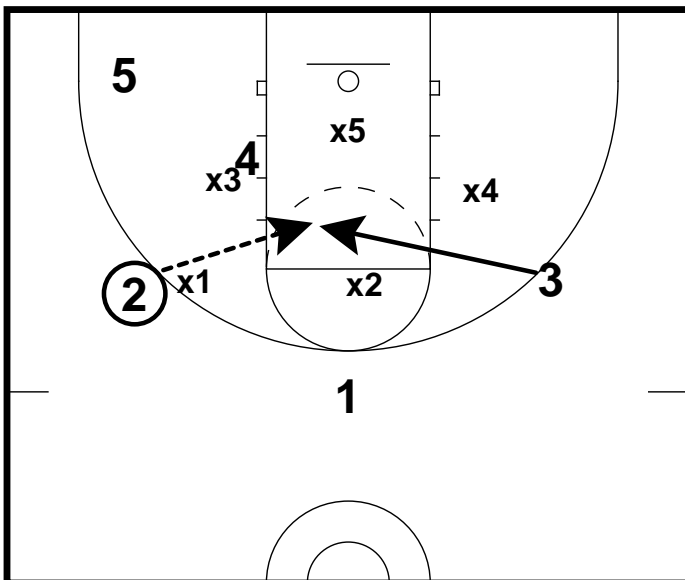


Zone Offense

Option 1

- 2 reverses the ball to 1
- 5 cuts through middle to high post
- 1 looks to lob the ball into 4

Dave Odom - Basic

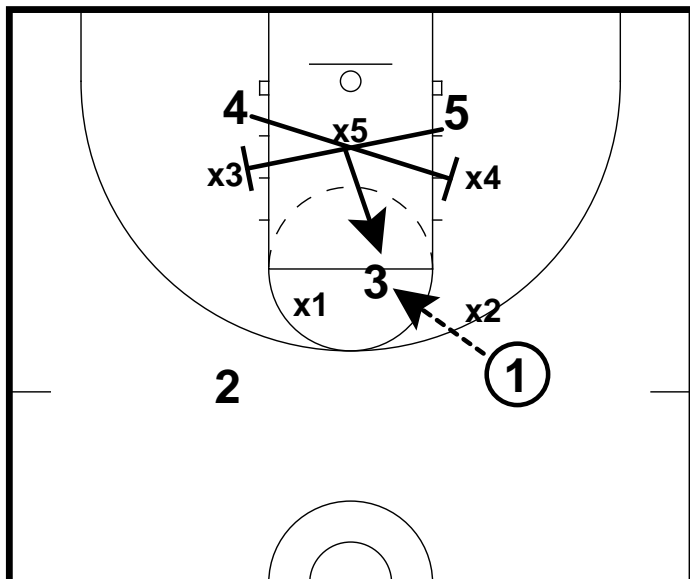


Zone Offense

Option 2

- Flash 3 to middle (This needs to be someone who can make a play with the ball.)
- 3 looks to score or dump ball off to 4

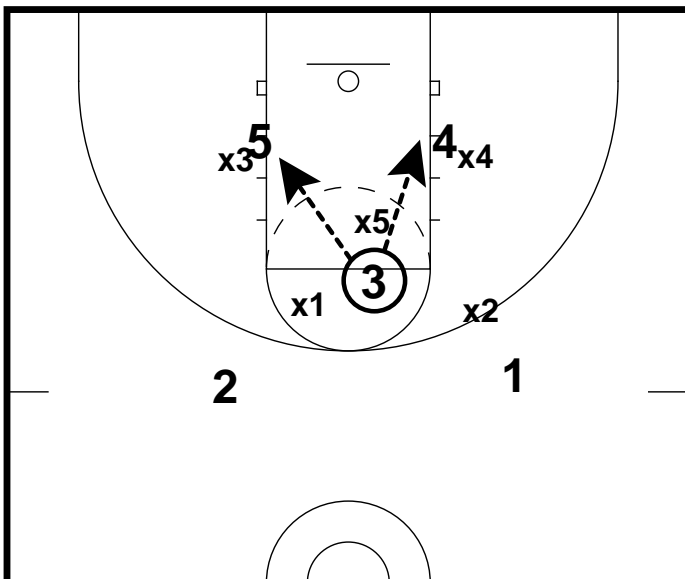
Dave Odom - Inside Rover X



Zone Offense

- 3 is the rover, he can go right to the high post or stack with 1 of the forwards and cut there
- Whenever 3 gets the ball at the foul line, 4 and 5 cross and body up the defense inside

Dave Odom - Inside Rover X

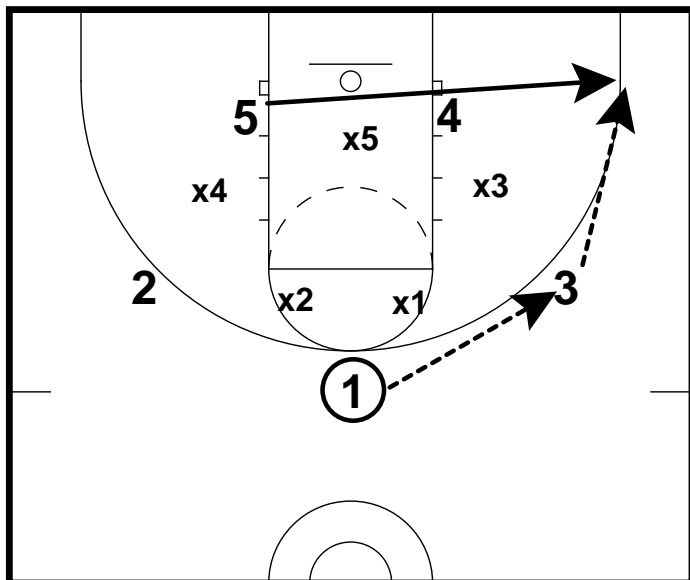


Zone Offense

- 3 looks to pass to 4 or 5 for a layup

Dave Odom - Breaking the 2-3 and Matchup Zones

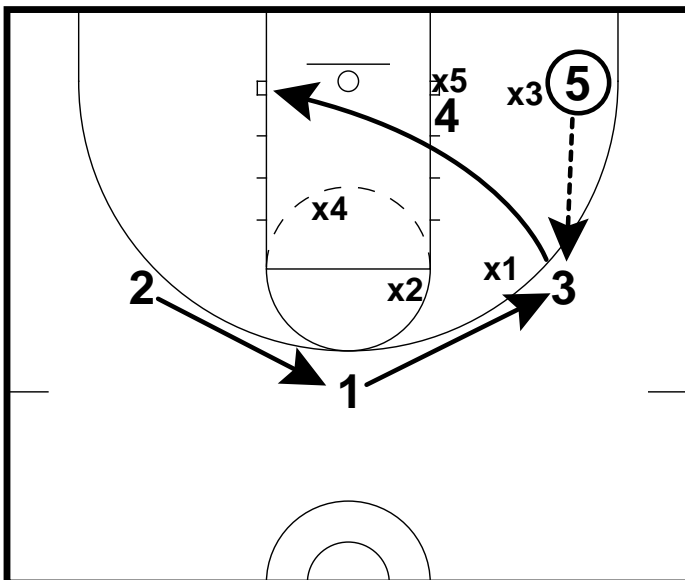
Dave Odom - Corner



Zone Offense

- 1 passes to 3
- 5 cuts to the corner
- 3 passes to 5

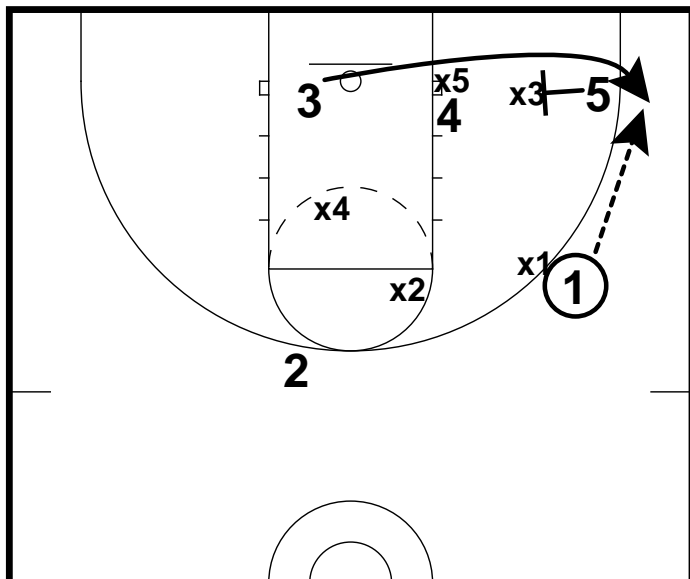
Dave Odom - Corner



Zone Offense

- 3 cuts through to weak side block
- 1 fills 3's spot on the wing
- 2 fills 1's spot at the top of key
- 5 passes to 1

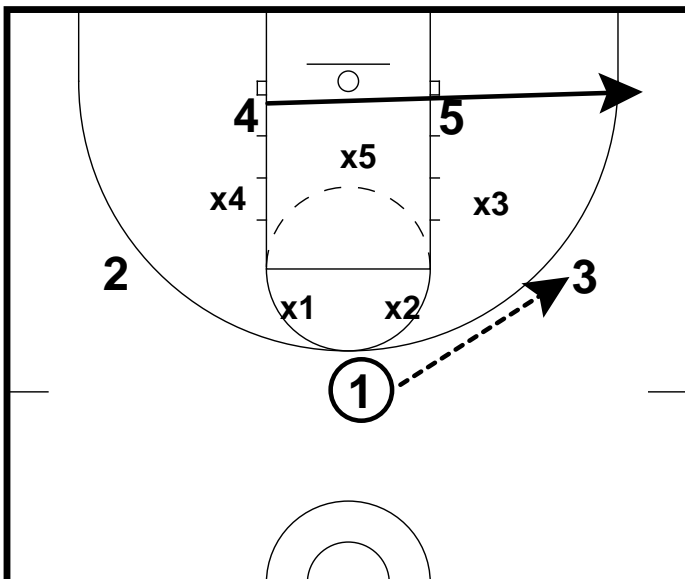
Dave Odom - Corner



Zone Offense

- 5 buries the back side defender with a screen
- 3 cuts to corner
- 1 passes to 3 for shot

Dave Odom - Notch

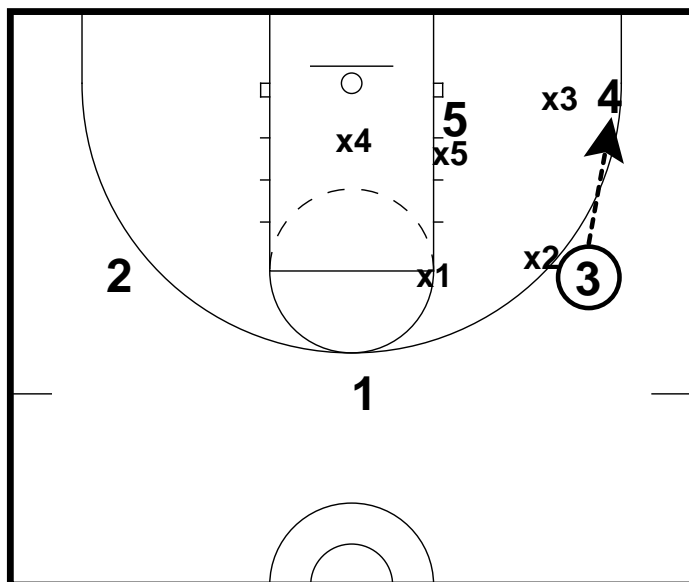


Zone Offense

- 1 passes to 3
- 4 cuts to the corner

Dave Odom - Breaking the 2-3 and Matchup Zones

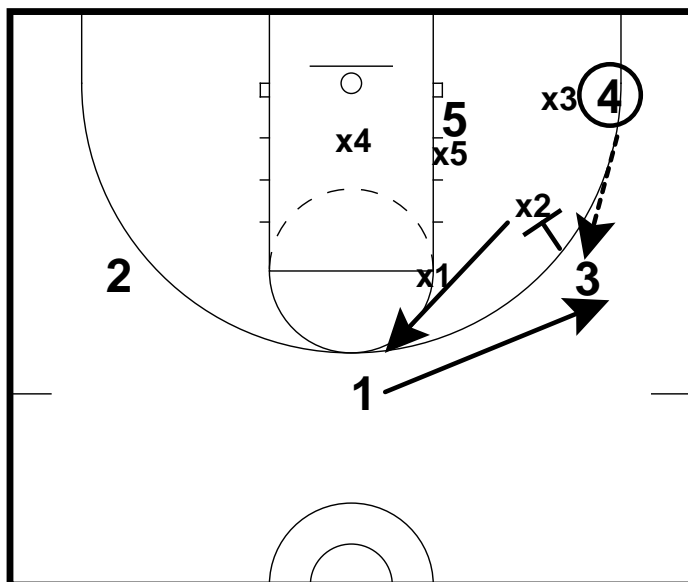
Dave Odom - Notch



Zone Offense

- 3 passes to 4

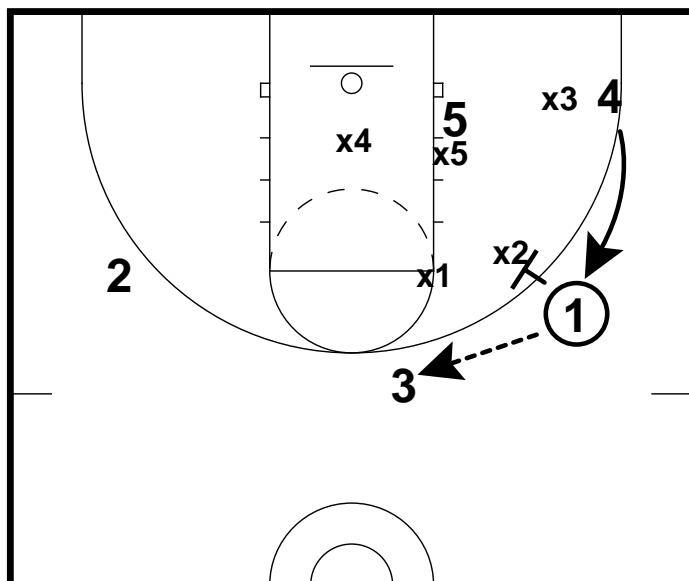
Dave Odom - Notch



Zone Offense

- 3 screens in
- 1 cuts behind 3
- 4 looks to pass to 1
- 3 cuts to top of key

Dave Odom - Notch

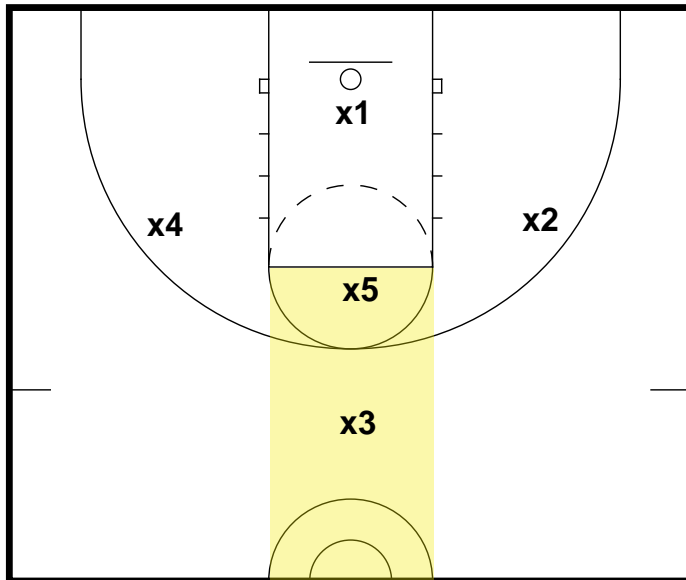


Zone Offense

- If 1 does not have the shot, he passes to 3 and screens in
- 4 cuts to wing for shot

Bob Huggins - The Science of the 1-3-1 Zone

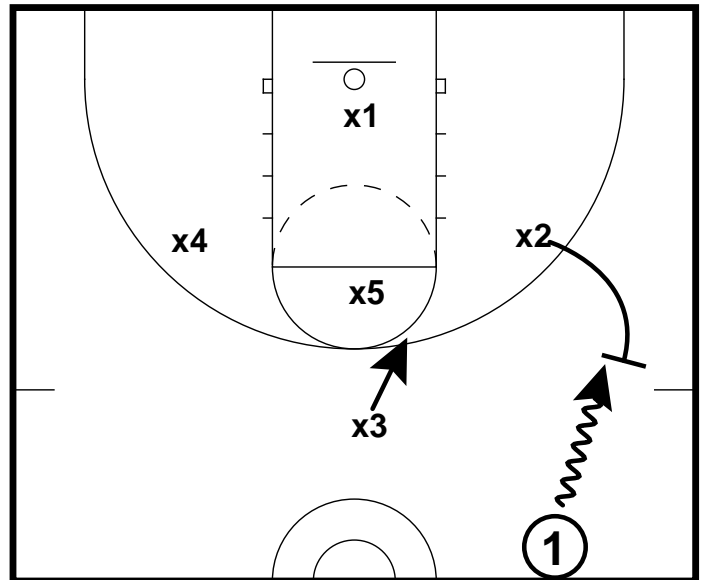
Bob Huggins - The Science of the 1-3-1 Zone Defense



Zone Defense

- The top guy never leaves the middle lane
- Top guy can't let the ball get reversed
- If the ball does get reversed, the top guy must slow it down
- Wings cover their side
- Middle guy covers middle
- Back guy covers corners

Bob Huggins - The Science of the 1-3-1 Zone Defense

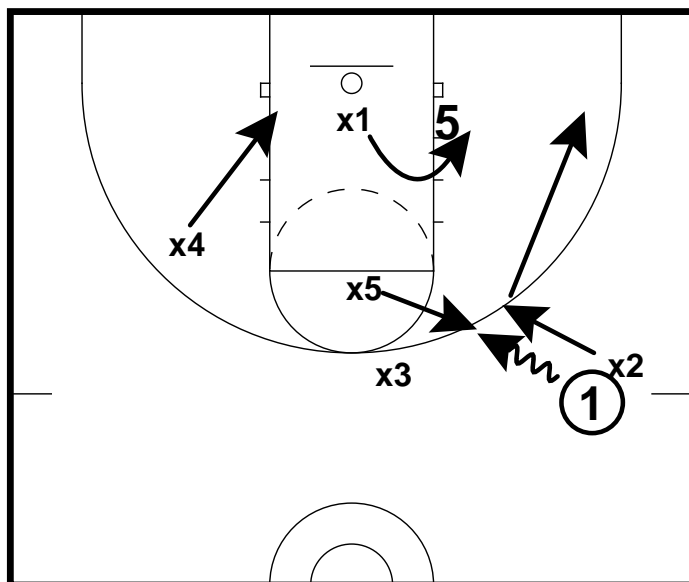


Zone Defense

- The wings job is to the ball out of the corner (this keeps the back guy in the paint)
- High hands
- Top guy stays on line of the ball to try and keep it from being reversed

Bob Huggins - The Science of the 1-3-1 Zone

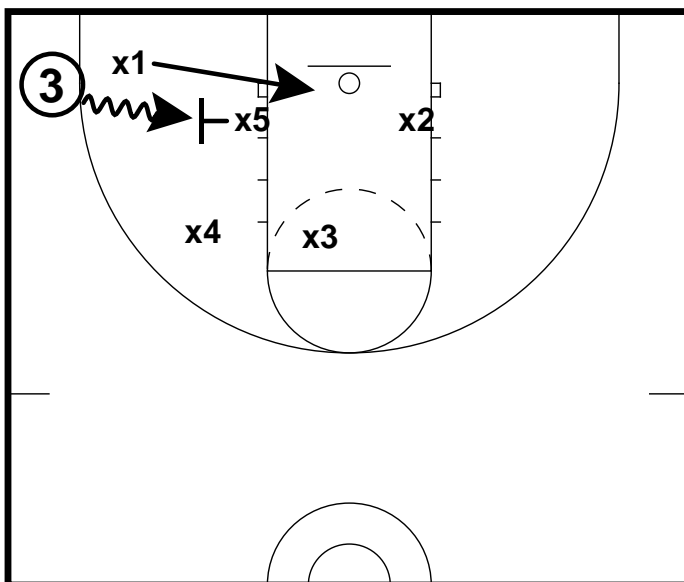
Bob Huggins - The Science of the 1-3-1 Zone Defense



Zone Defense

- Middle guy stops penetration
- Middle guy gets heels to 3 point line
- At the 3 point line, the wing drops to the corner
- Back guy plays on the ball side, outside hip of the post player
- Weak side wing drops to block

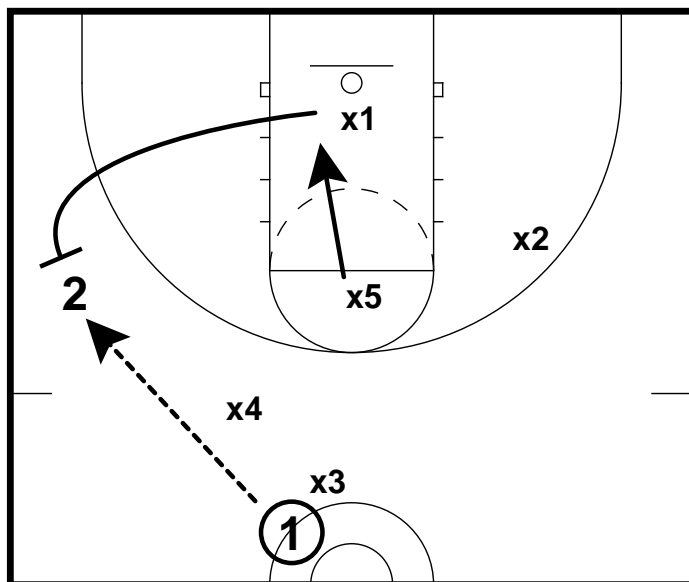
Bob Huggins - The Science of the 1-3-1 Zone Defense



Zone Defense

- If the ball penetrates to the middle from the corner...
- The middle man stops the ball
 - The corner man goes back to the post

Bob Huggins - The Science of the 1-3-1 Zone Defense

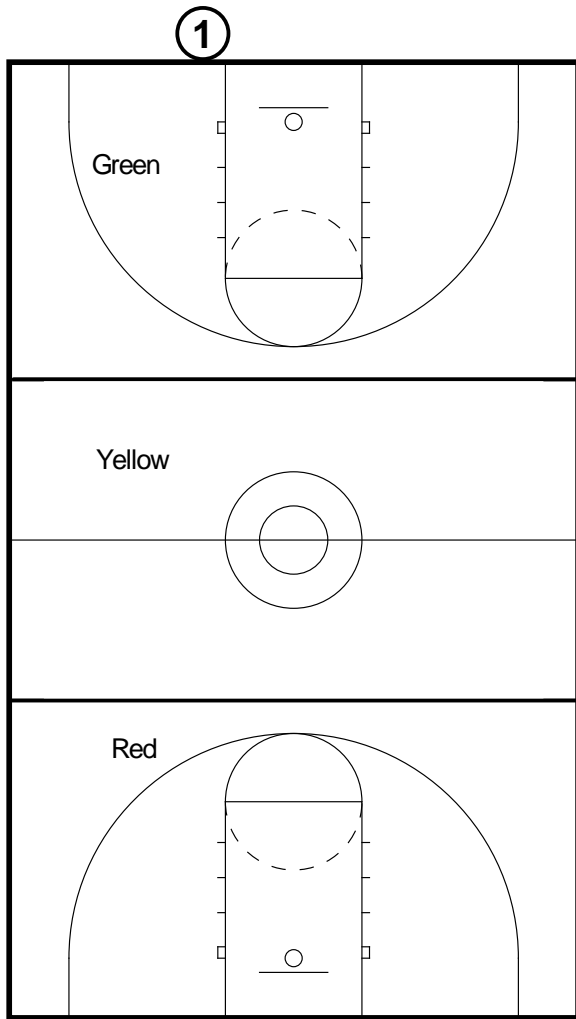


Zone Defense

- If the wing does a bad job and a pass is thrown to the wing...
- The back guy must come out to the wing
 - The middle guy drops

Rollie Massimino

Rollie Massimino - Three Areas of the Floor



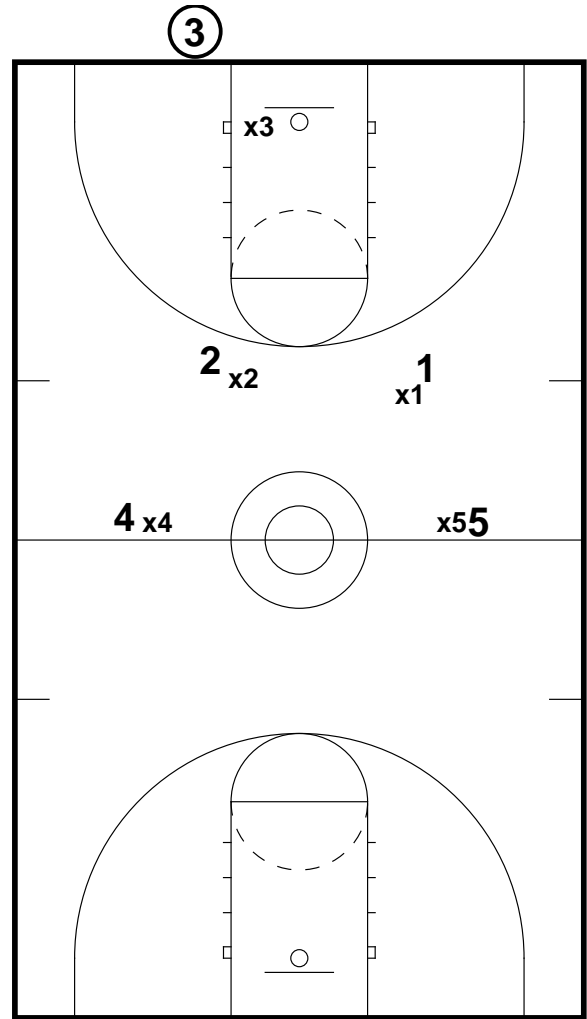
Zone Defense

Green - baseline to hash mark; can take chances; have time to recover

Yellow - hash mark to hash mark; can still take some chances

Red - hash mark to baseline; war zone; must play best defense here; don't gamble

Rollie Massimino - Going to School

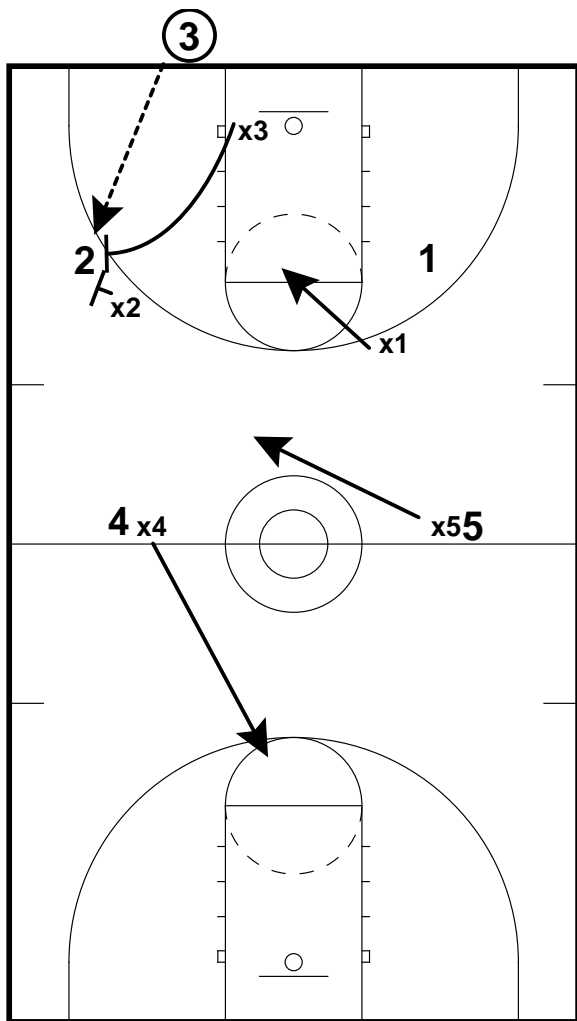


Zone Defense

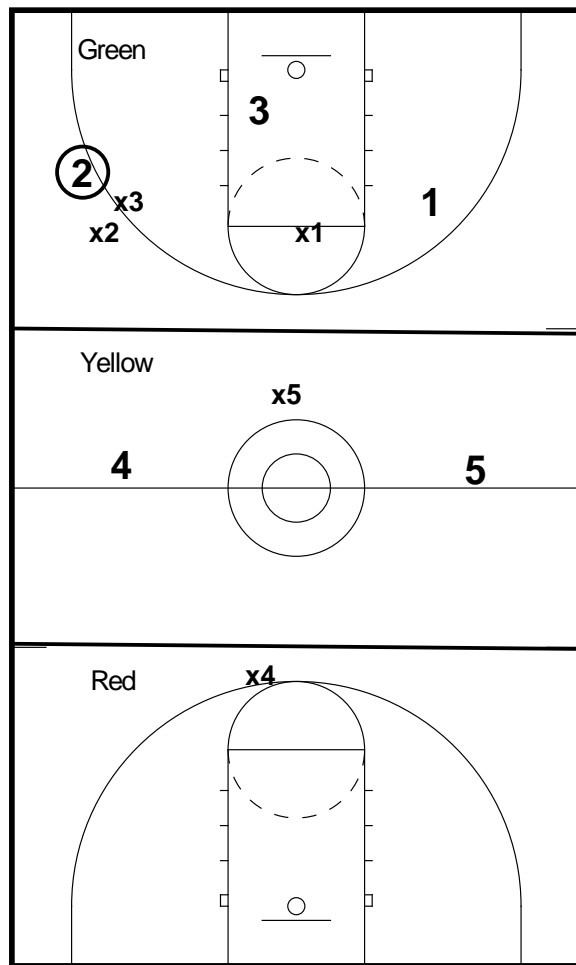
How do you attack them?

Rollie Massimino

Rollie Massimino - Going to School



Rollie Massimino - Going to School



Zone Defense

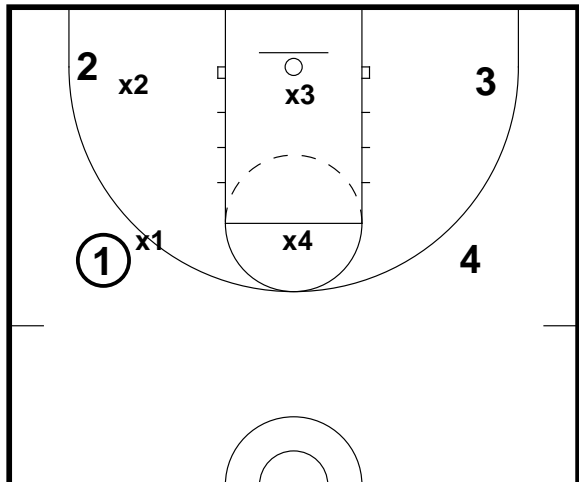
Trap away from the ball

Zone Defense

- Green: Play man-to-man
- Yellow: Play zone
- Red: Decide what to play, whatever you are best at

Rollie Massimino

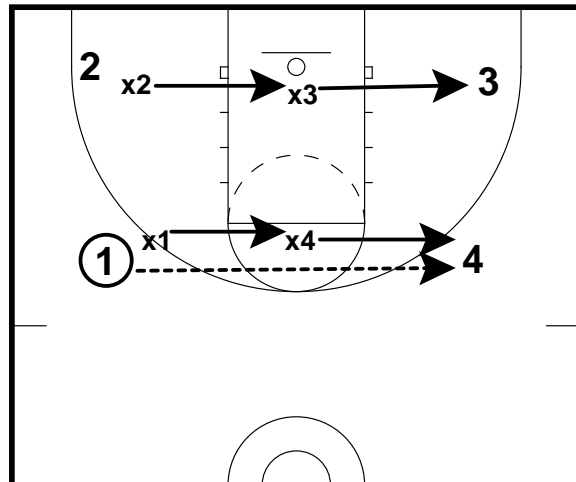
Rollie Massimino - Shell Drill



Zone Defense

- Search the ball first
- Defense retreats to the line of the ball

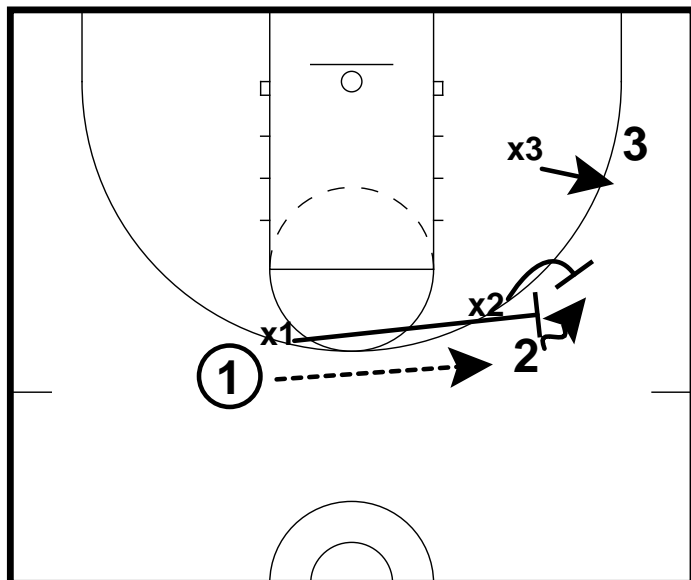
Rollie Massimino - Shell Drill



Zone Defense

- 1 hand is always on the line of the ball
- When the ball moves, the line of the ball moves, so the defense has to move

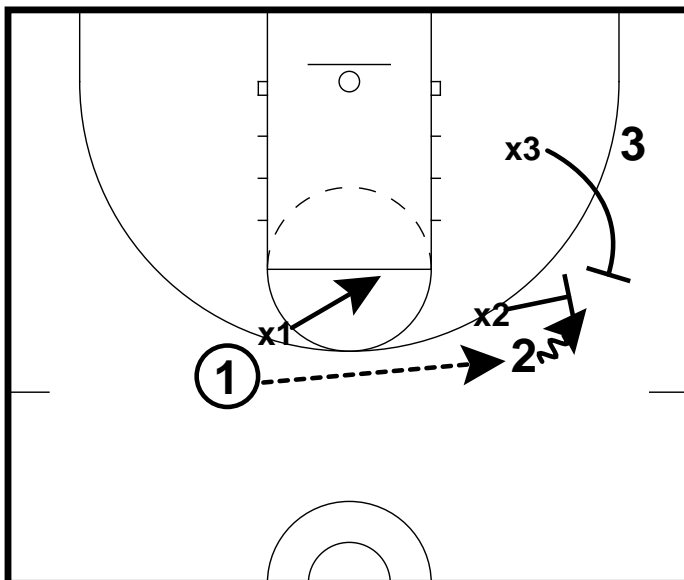
Rollie Massimino - Traps



Zone Defense

Trap away from the ball

Rollie Massimino - Traps

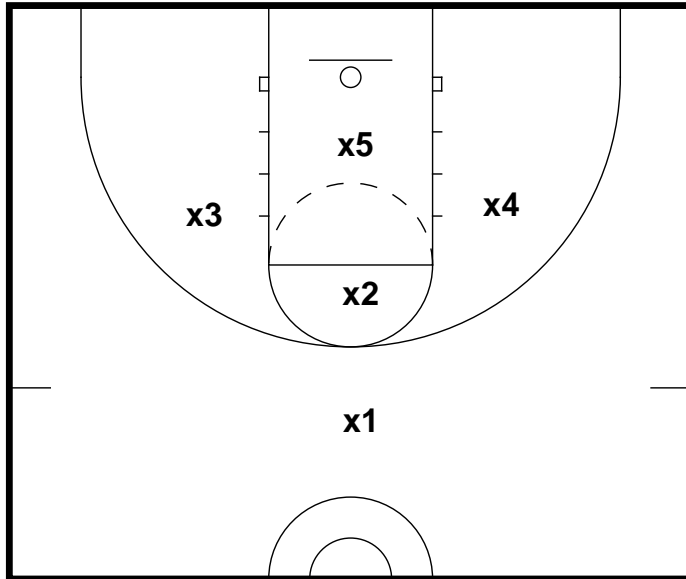


Zone Defense

Trap to the ball

Rollie Massimino

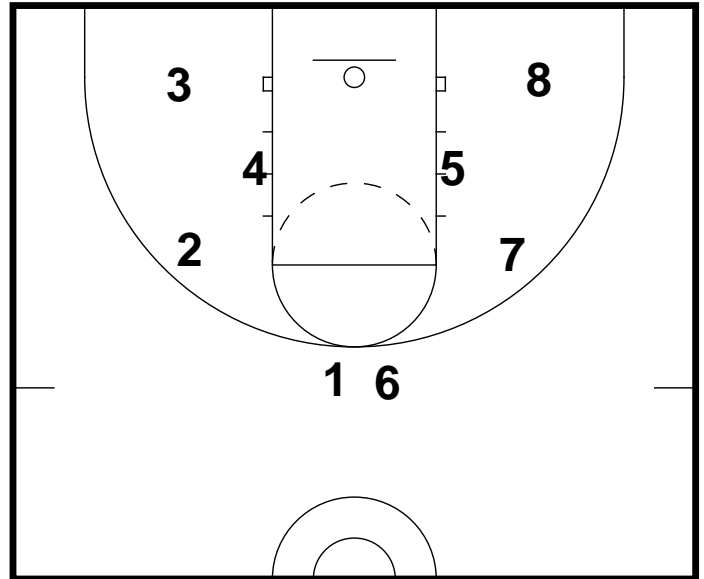
Rollie Massimino - 1-1-3



Zone Defense

- Initial alignment
- Vary what you do from 1 possession to the next

Rollie Massimino - 8 Zone Offense Spots

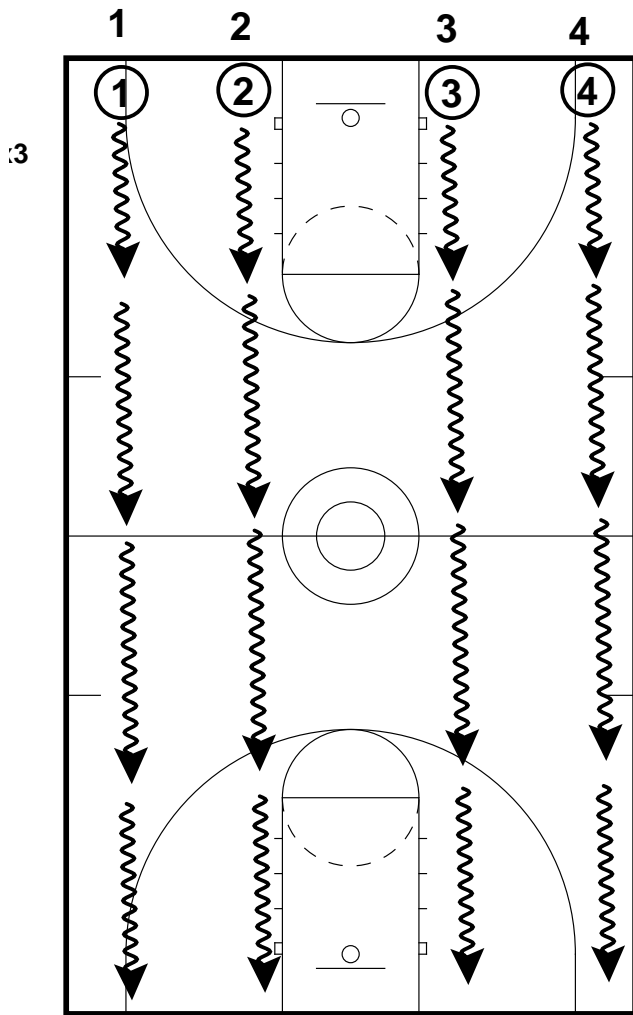


Zone Defense

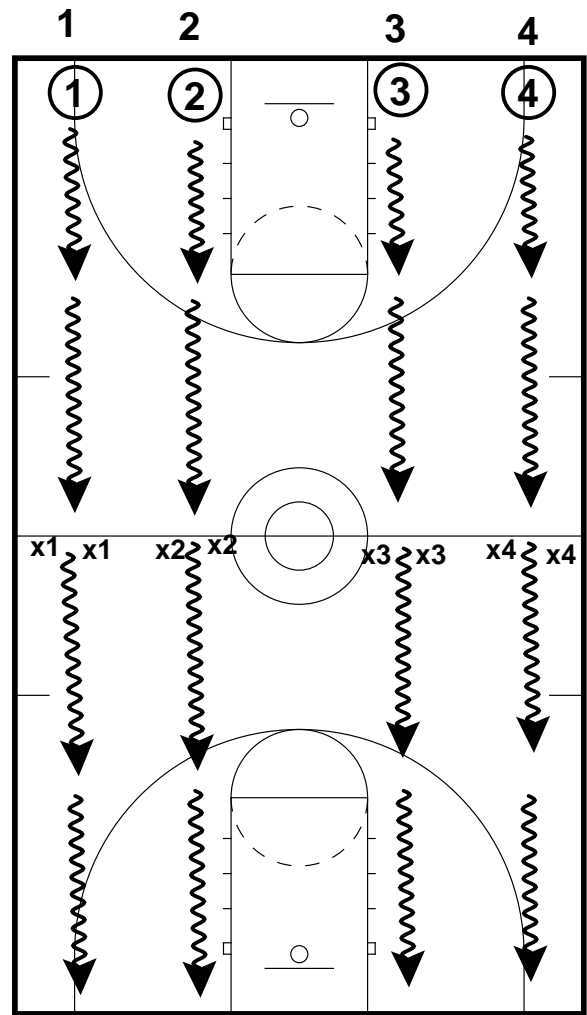
- When you are playing a zone, you want to keep the ball out of these spots

Dave Odom - Attacking Pressure

Power Basketball



Power Basketball



Drills

- Dribble to foul line and jump stop
- Imagine being double teamed
- Pivot with elbows out
- Look through the double team, not at it
- Face the double team, do not turn your back to it
- After 3 to 5 seconds, dribble to half-court and repeat, dribble to the opposite foul line and repeat, and dribble to the opposite baseline.
- Go down dribbling with the right hand and come back dribbling with the left hand.

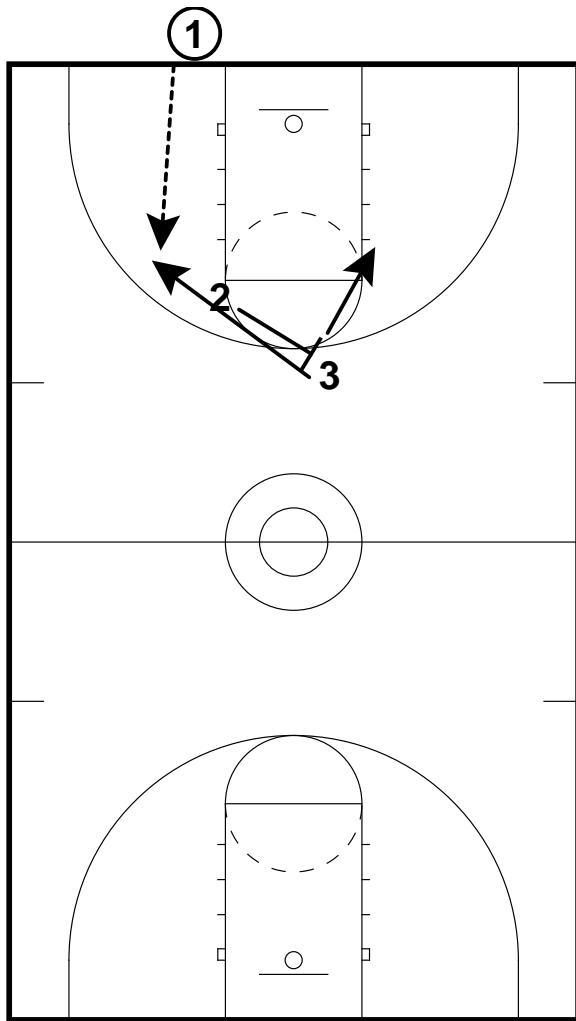
Drills

Enhancement

Run the same drill, but add 2 defenders at half-court for each line.

Dave Odom - Attacking Pressure

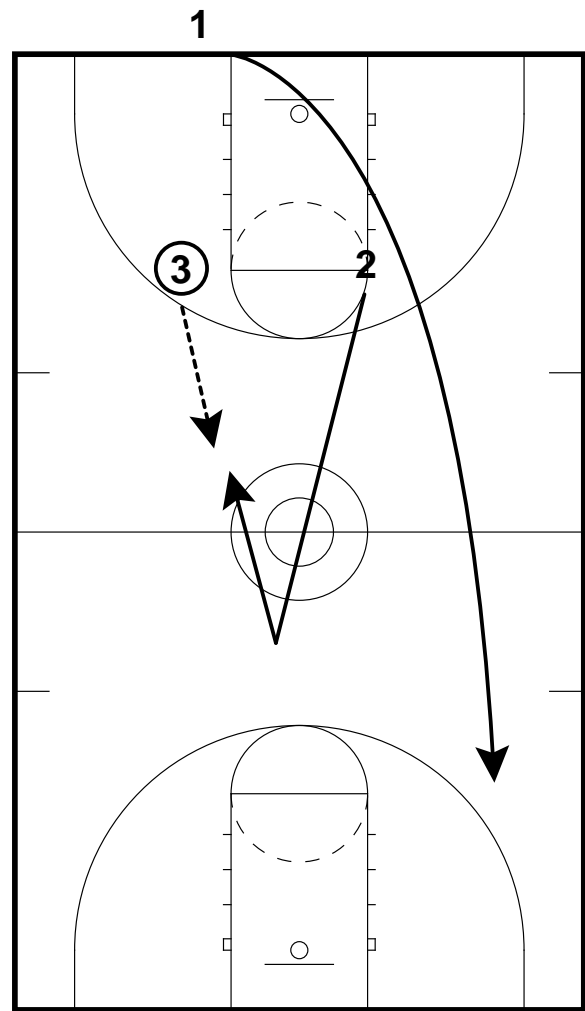
3-on-0



Drills

- 1 inbounds the ball to 2
- 3 sprints to the line of the ball to the basket and then comes back to the ball with a big target
- 1 comes in opposite of the inbounds pass and sprints up the floor

3-on-0



Drills

- 3 passes the ball to 2
- 1 sprints to the line of the ball to the basket and then comes back to the ball with a big target
- 3 sprints up the opposite side of the floor

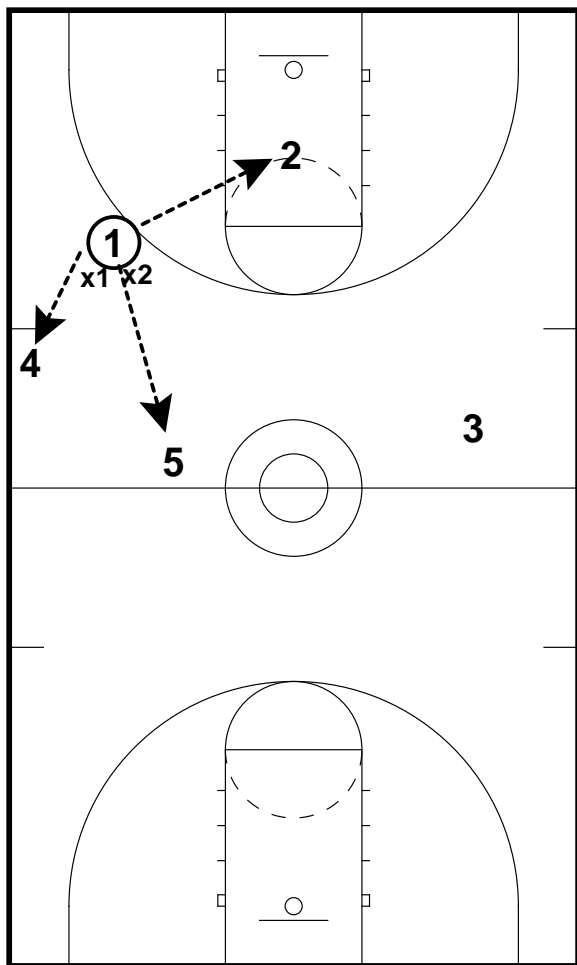
*Repeat this pattern until a catch is made at the rim and the receiver finishes the drill with a layup

Enhancement

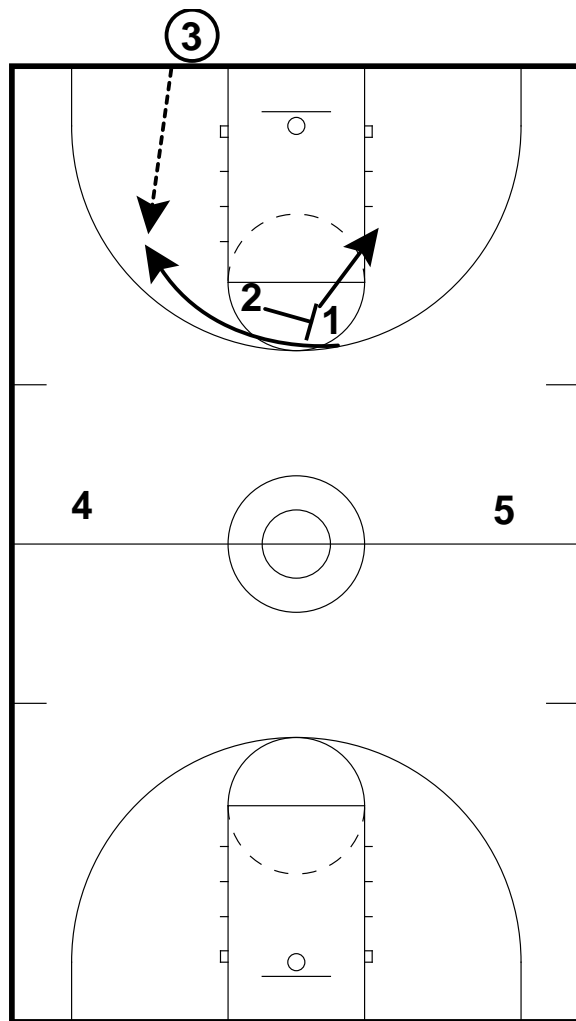
- Add defense to make the offense work harder to get open on their cuts back to the ball

Dave Odom - Attacking Pressure

3 Passes at Once



Slice



Drills

Whether the trap is expected or not, we need 3 players one pass away and an attacker on the back side.

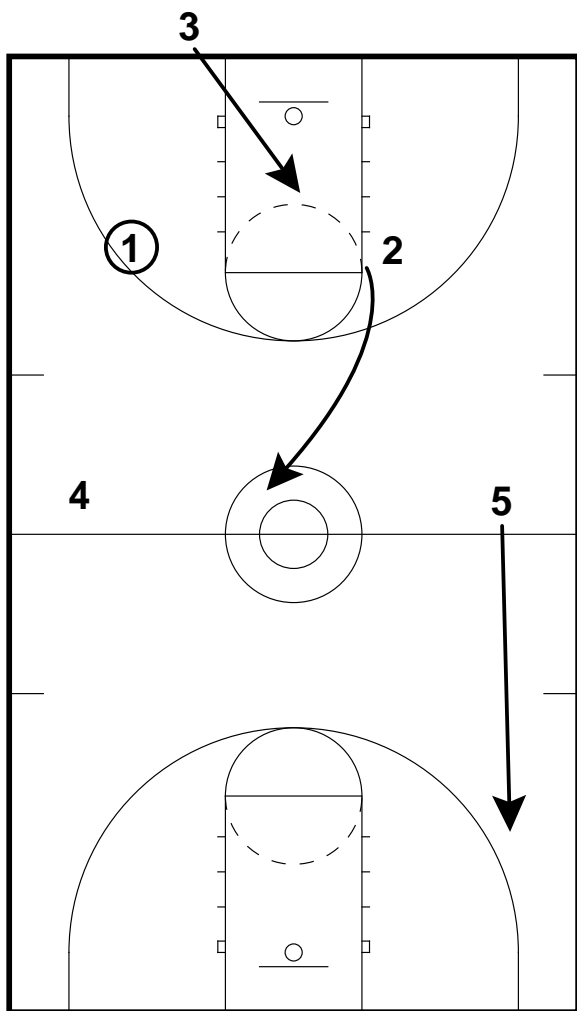
- 5 is on the line of the ball to the basket
- 2 is behind the trap
- 4 is outside the trap
- 3 is the attacker on the back side

Press Breakers

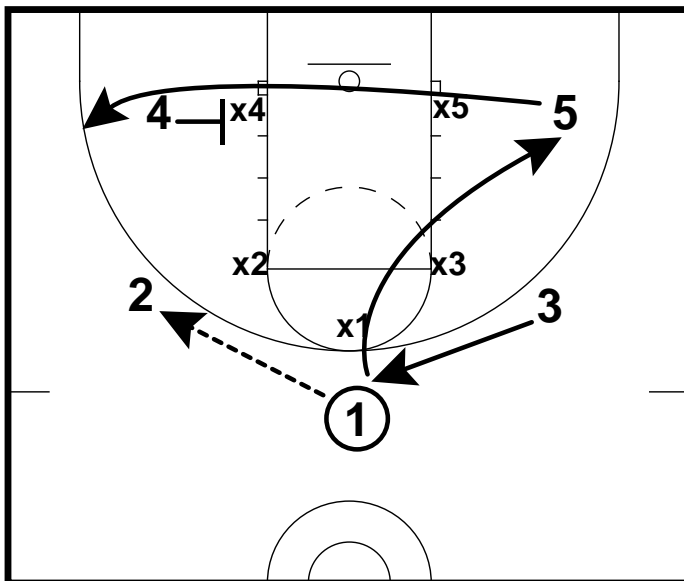
- 2 screens for 1
- 2 rolls back to the ball
- 3 inbounds to 1 or 2

Dave Odom - Attacking Pressure

Slice



Dave Odom - Patriot



Zone Offense

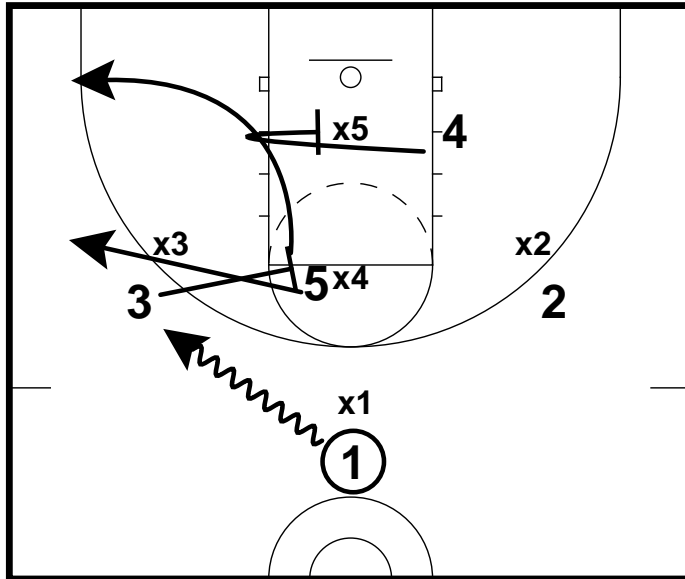
- 1 passes to 2
- 1 clears to weakside corner
- 4 screens in
- 5 uses 4's screen and pops to corner
- 3 fills up
- 4 posts

Press Breakers

- The opposite forward (5) goes deep
- The opposite guard (2) runs a slice cut up the middle of the floor
- If 2 does not get the ball, he goes to the side line and gets ready to flash back to the ball

Dave Odom - Attacking Pressure

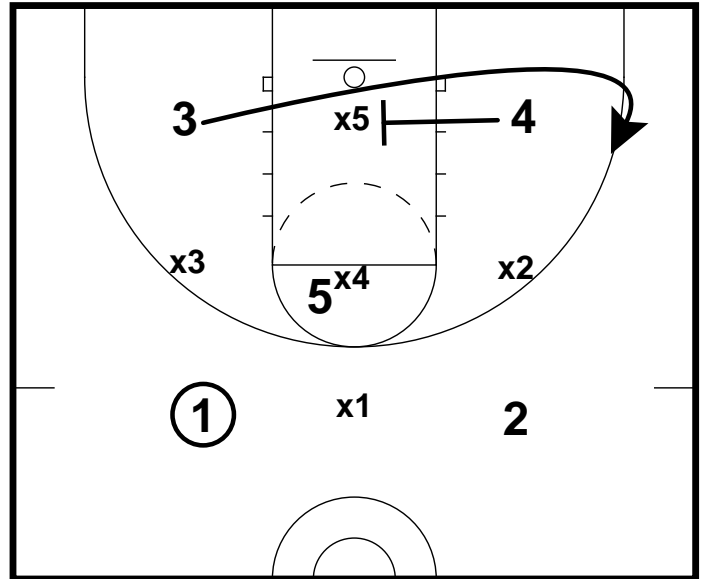
Dave Odom - Beating the 1-3-1



Zone Offense

- 1 dribbles 3 out
- 3 screens for 5
- 5 rolls to wing
- 4 comes across the lane and screens the bottom of the zone
- 3 pops to corner

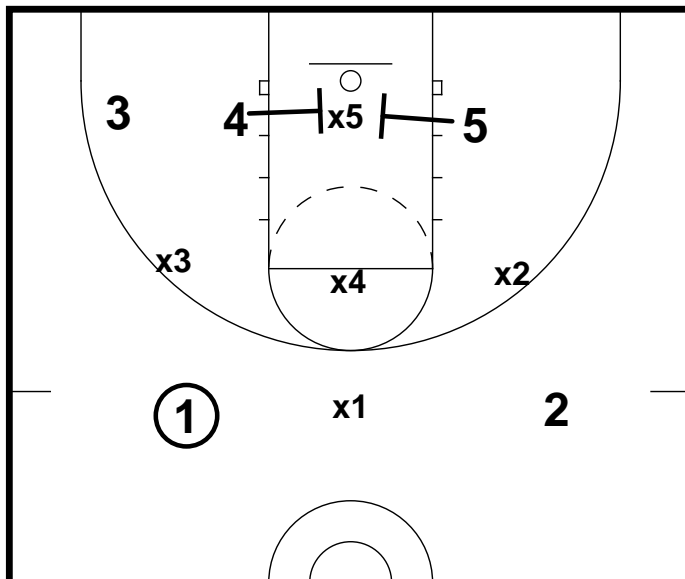
Dave Odom - Beating the 1-3-1



Zone Offense

- Can also attack it from a 2-1-2 set
- 5 must get free on his own

Dave Odom - Beating the 1-3-1



Zone Offense

- If you can't get the ball to the middle, drop the middle man as a screener on the baseline.
- 3 becomes the rover