

# Tom Izzo Michigan State Spartans

Basketball Playbook & Clinic Notes

“Players Play, Tough Players Win.”





# Tom Izzo Michigan State Playbook

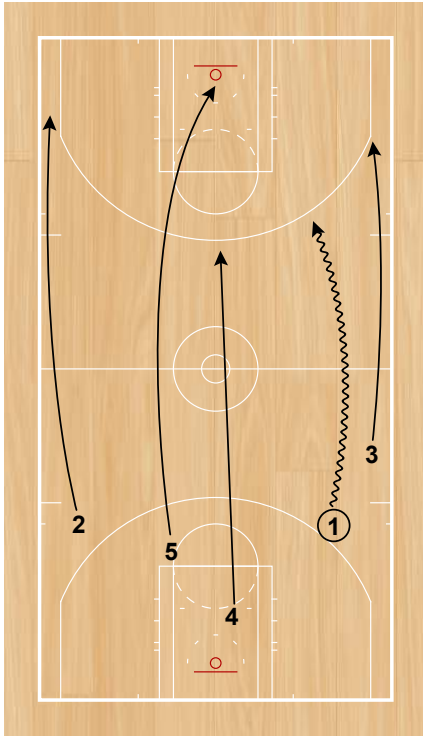


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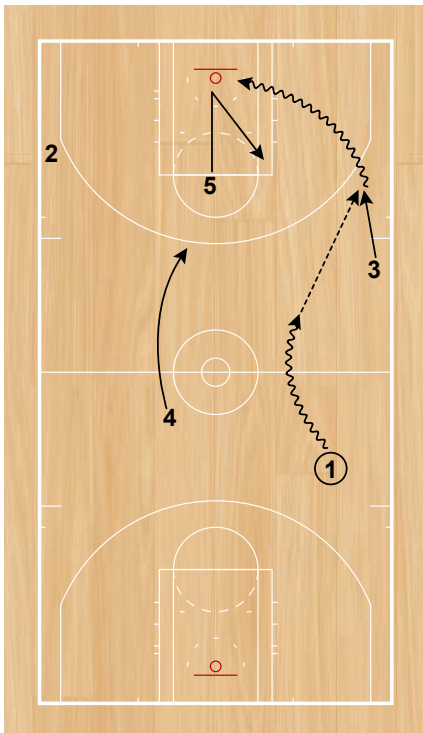
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# Tom Izzo Michigan State Playbook

## Running Principles Early Offense



## Kick to Wing Early Offense

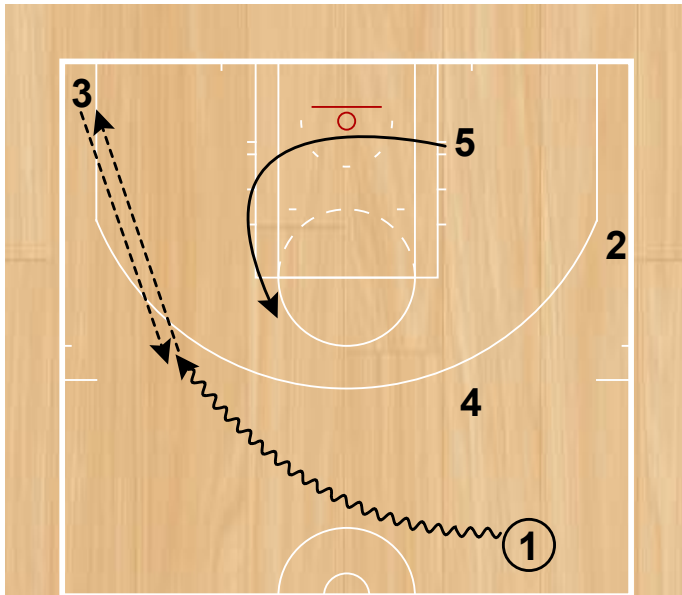


Early kick ahead to the wing in transition looking to attack.



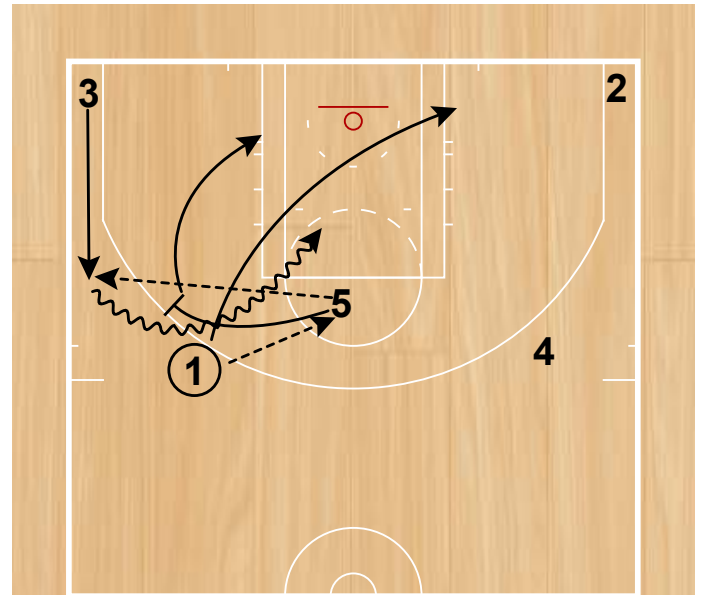
# Tom Izzo Michigan State Playbook

Kick to Wing Ballscreen  
Early Offense



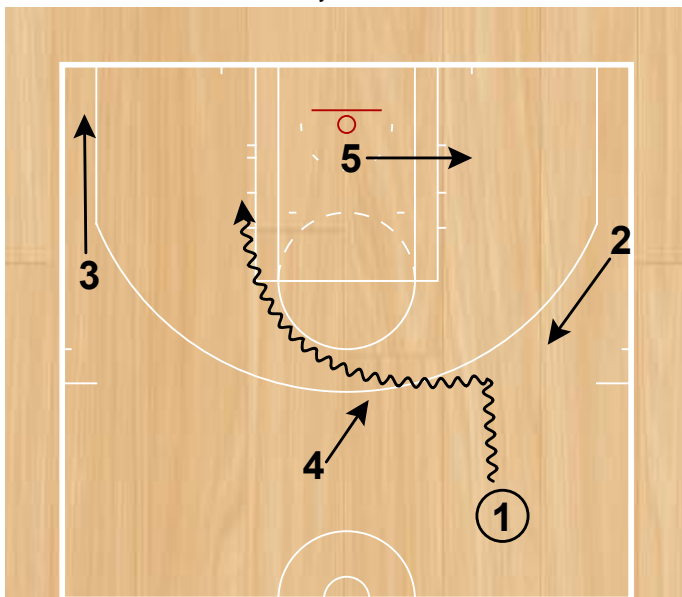
1 kicks ahead to 3 and 3 passes back to 1.

Kick to Wing Ballscreen  
Early Offense



1 attacks off ballscreen from 5.

Point Cross  
Early Offense

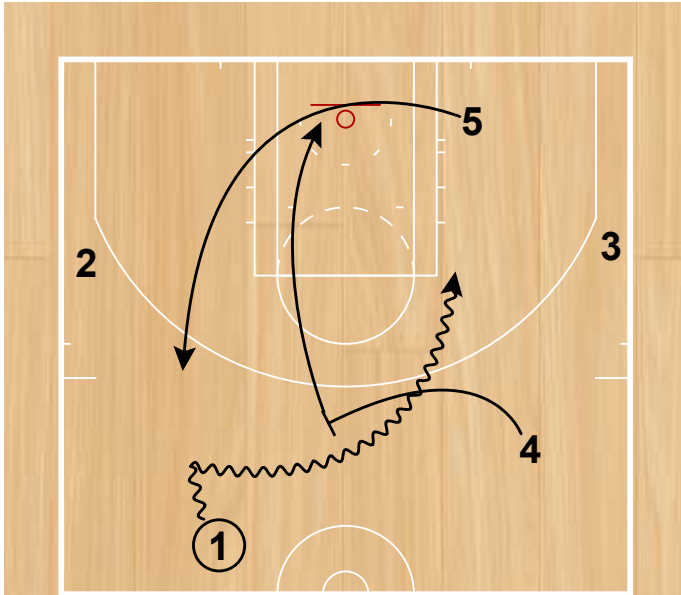


In transition point guard crosses over and looks to score off layup.



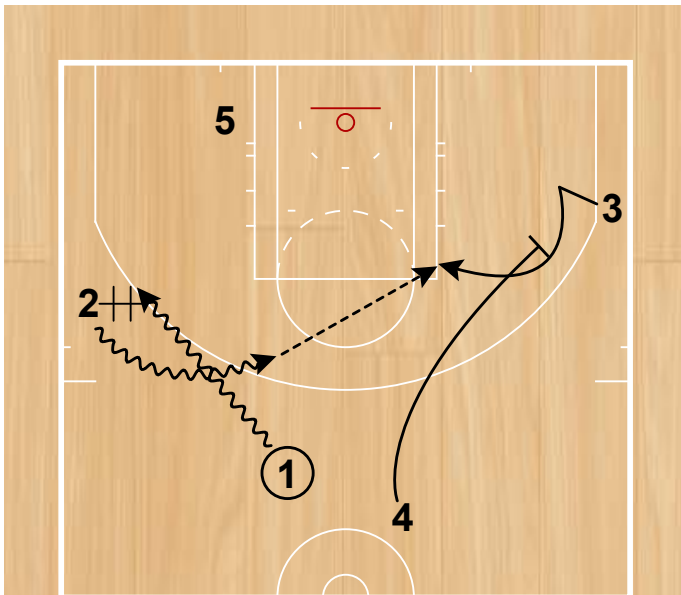
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Drag 4  
Early Offense



Drag screen in transition offense.

Secondary  
Early Offense

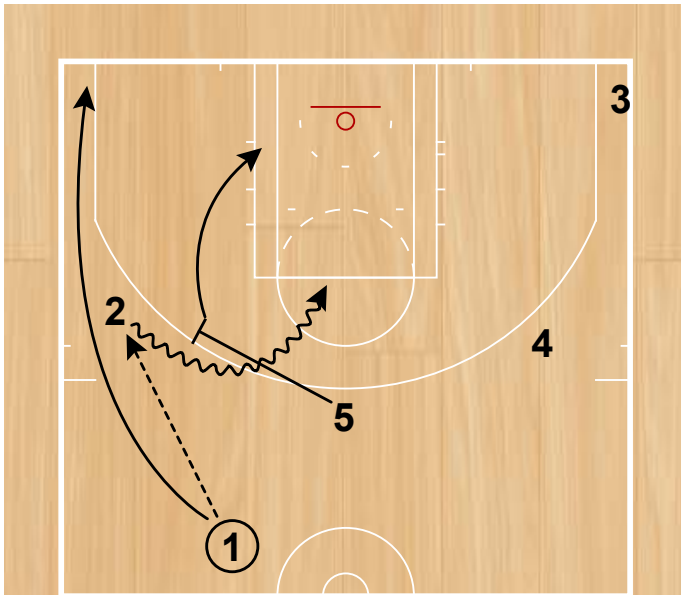


1 hands off to 2. 4 sets pindown screen for 3.



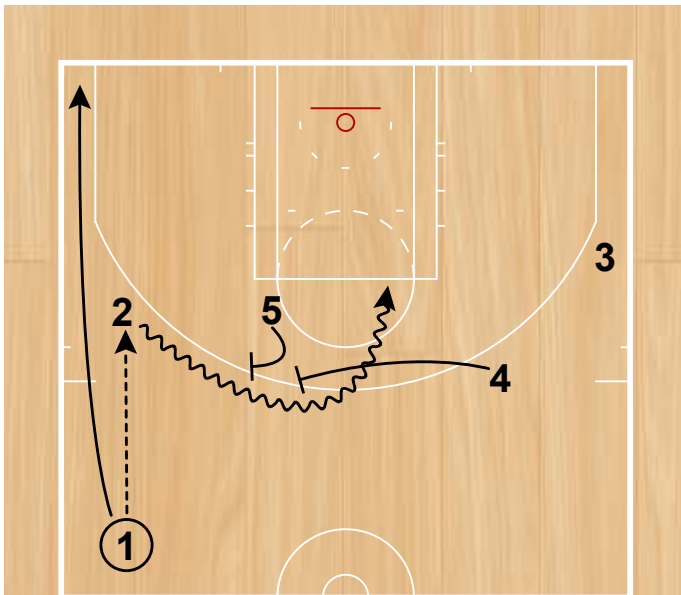
# Tom Izzo Michigan State Playbook

21 (Keep)  
Early Offense



1 passes to 2 and cuts to the corner.  
5 follows into ballscreen for 2.

21 (Double)  
Early Offense

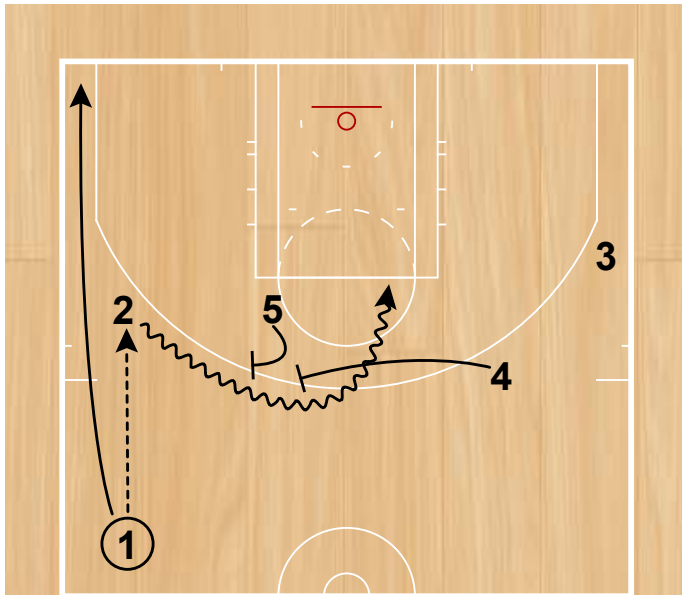


1 passes to 2 and cuts to the corner.  
4 & 5 follow into double ballscreen.



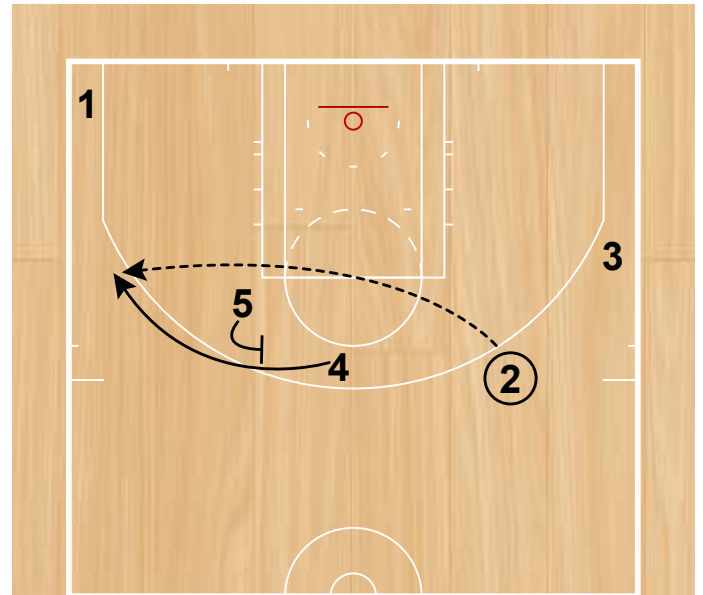
# Tom Izzo Michigan State Playbook

21 (Double/Flare)  
Early Offense



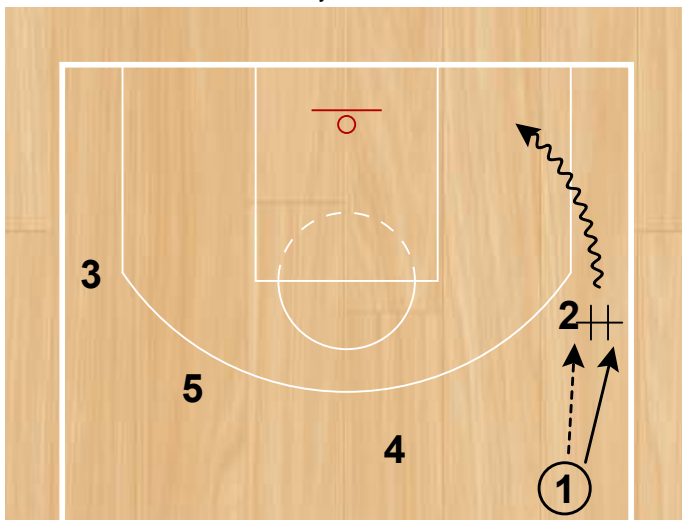
Can also run as a late game quick hitter with small at 4 spot.

21 (Double/Flare)  
Early Offense



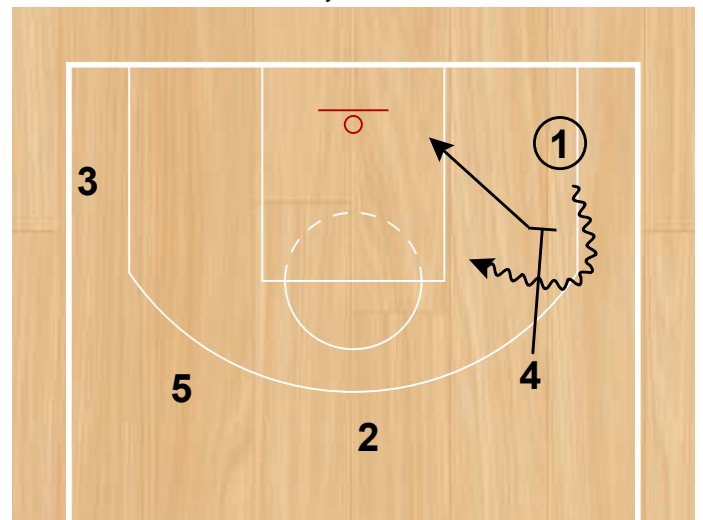
4 cuts off flare screen from 5.  
2 passes to 4.

21 Chase  
Early Offense



1 passes to 2.  
2 flips/hand offs back to 1.  
1 attacks the rim.

21 Chase  
Early Offense

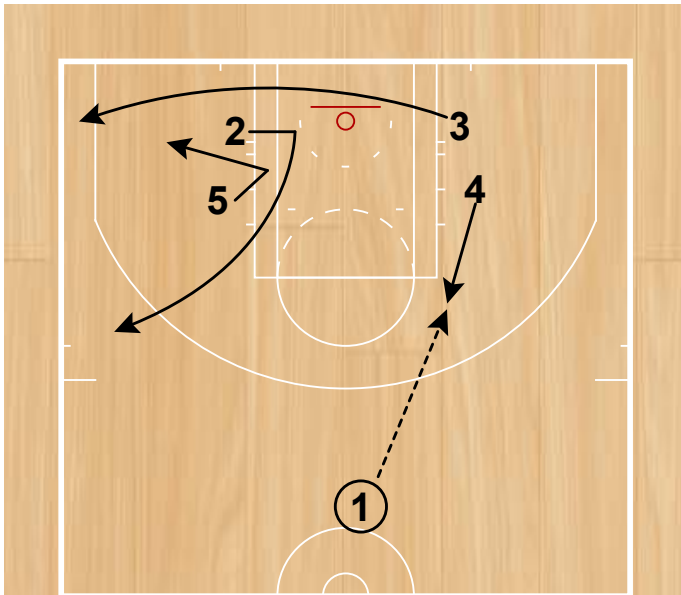


4 sets flare screen for 2 then follows with a ballscreen for 1.



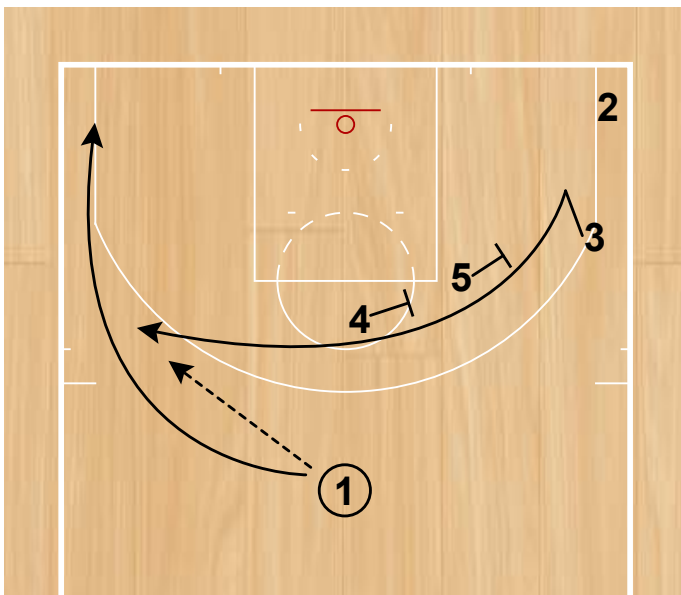
# Tom Izzo Michigan State Playbook

4 ICE  
Half Court Sets



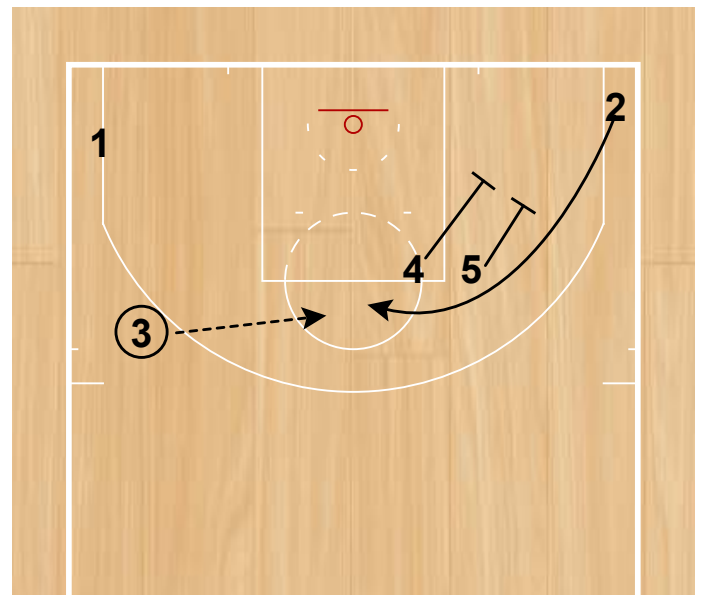
Isolation set for 4.

AI Double  
Half Court Sets



3 cuts off Iverson screen from 4 & 5. 1 passes to 3 and cuts off him to the corner.

AI Double  
Half Court Sets

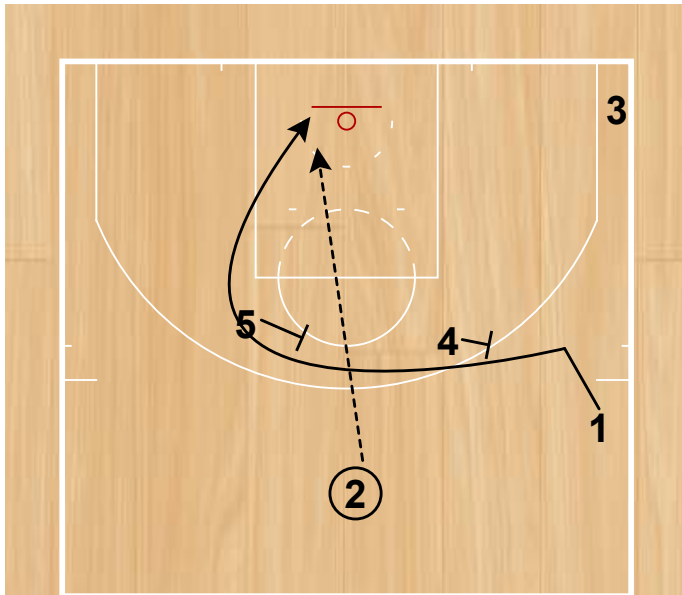


4 & 5 set a double down screen side by side for 2. 3 passes to 2.



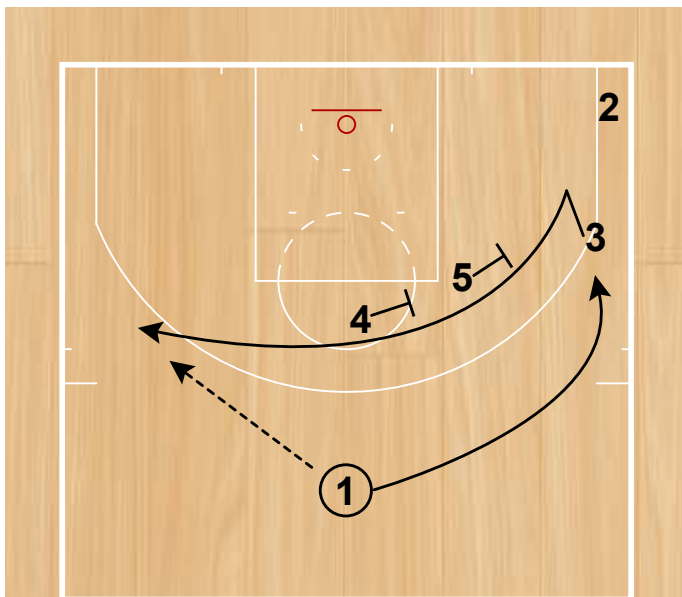
# Tom Izzo Michigan State Playbook

AI Point  
Half Court Sets



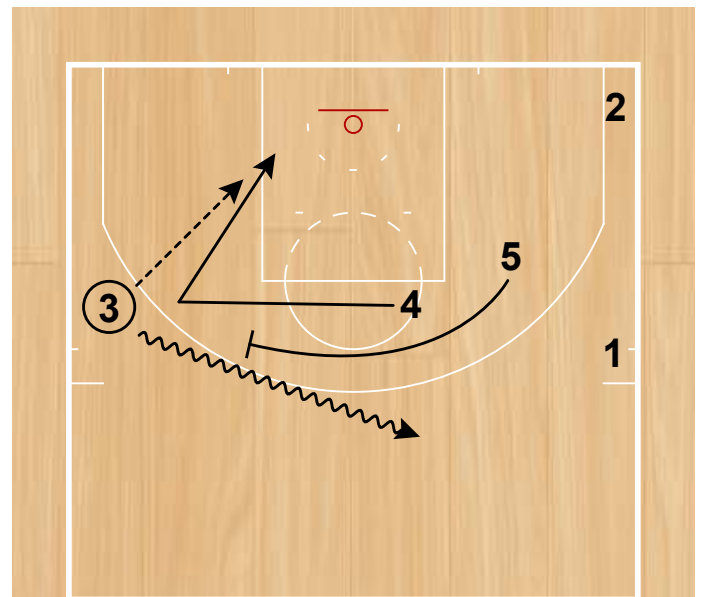
1 Iverson cuts off 4 & 5. Lob for 1.

AI Slip  
Half Court Sets



3 cuts off Iverson screen from 4 & 5. 1 passes to 3 and cuts to the opposite wing.

AI Slip  
Half Court Sets

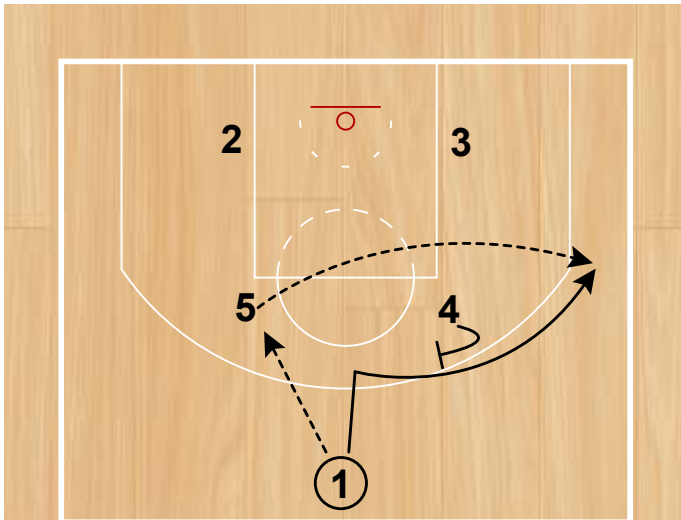


4 sprints to set a PNR for 3 and slips to the rim. First look is to look to pass to 4. Second option is attacking off of ballscreen from 5.



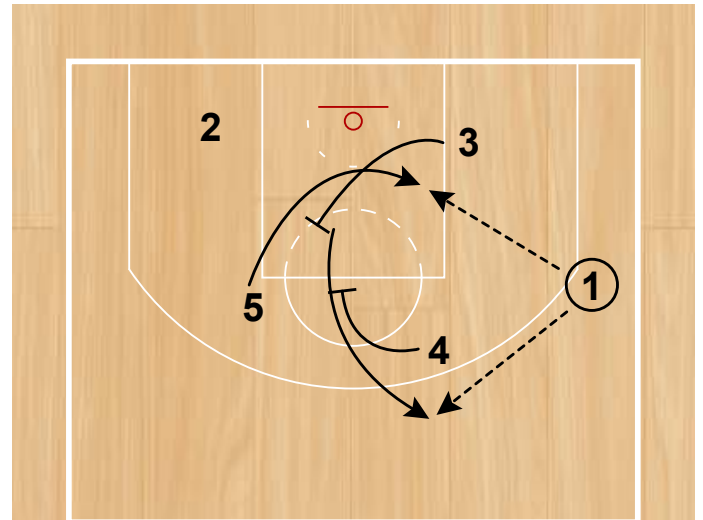
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Box Flare STS  
Half Court Sets



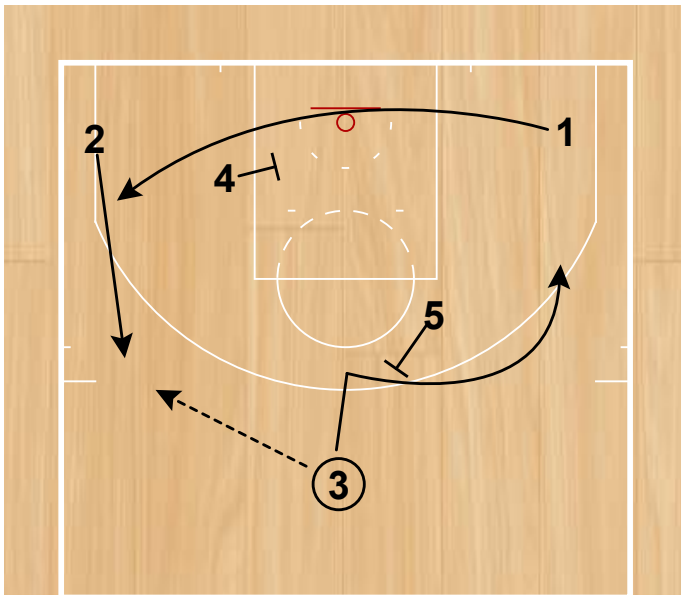
1 passes to 5.  
4 flares 1.

Box Flare STS  
Half Court Sets



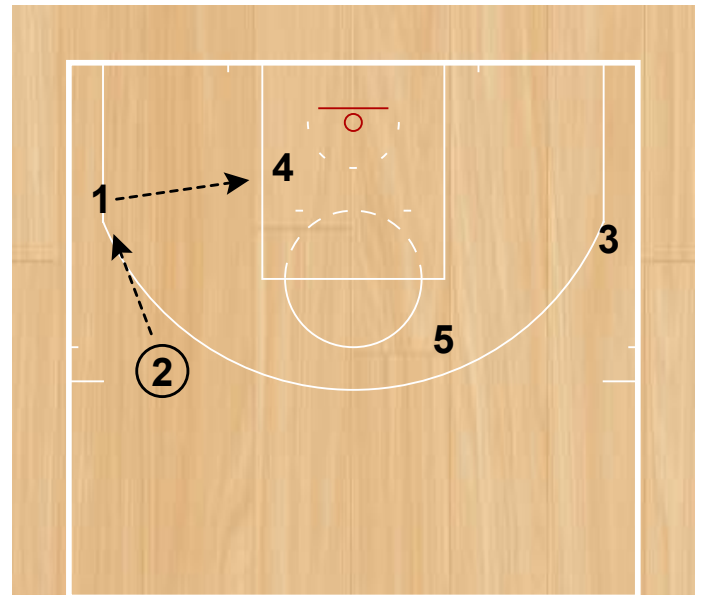
3 sets cross screen for 5 and comes off down screen from 4.

C Motion  
Half Court Sets



3 passes to 2. 5 sets a flare screen for 3. 4 sets a pindown for 1 and seals his man.

C Motion  
Half Court Sets

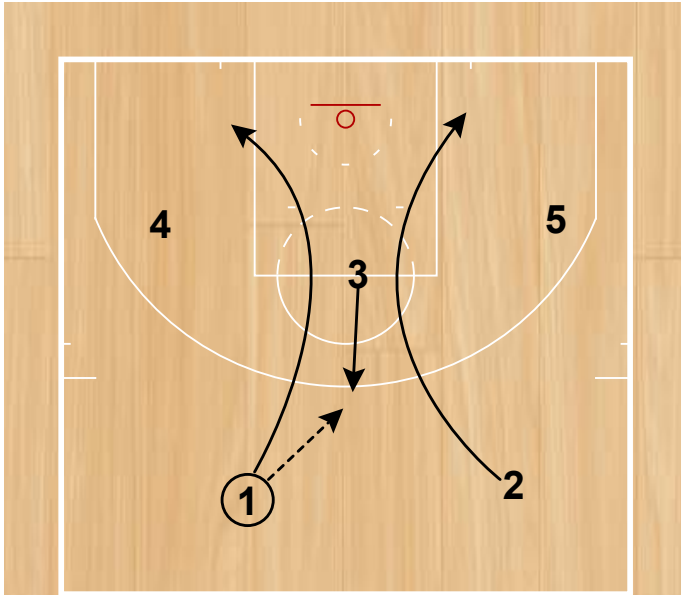


2 passes to 1 who makes the post entry to 4.



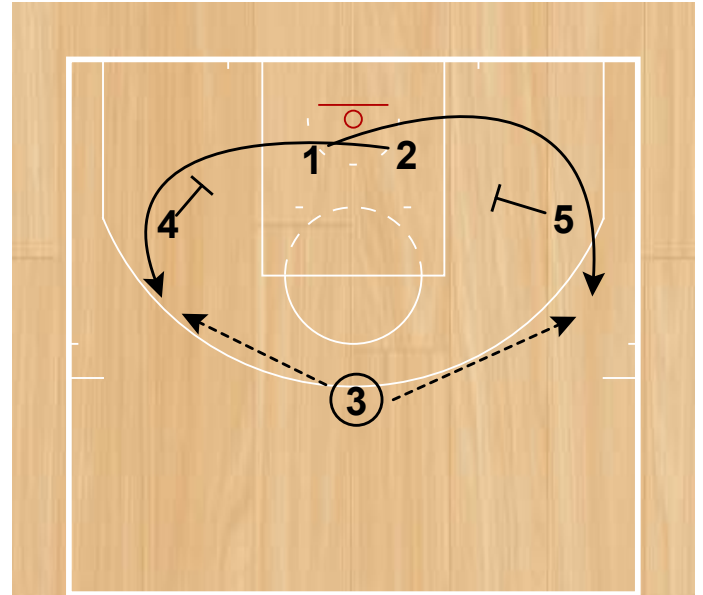
# Tom Izzo Michigan State Playbook

Chest  
Half Court Sets



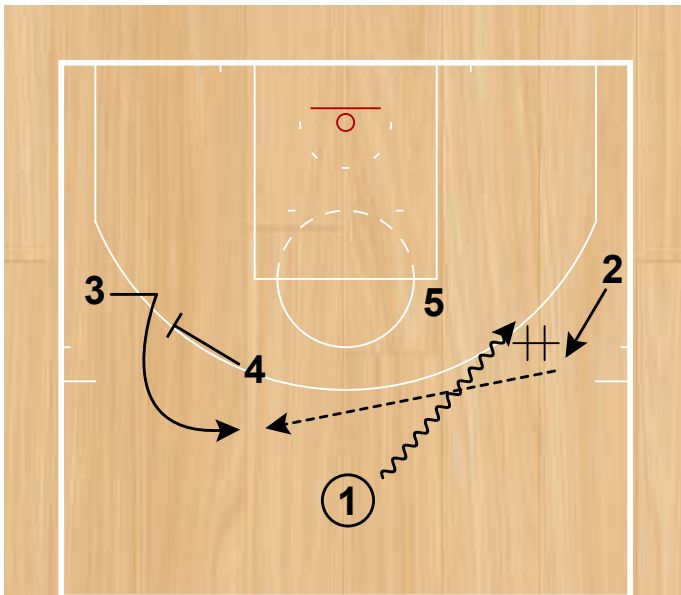
3 pops to the top of the key. 1 passes to 3. 1 and 2 cut through off 4 & 5.

Chest  
Half Court Sets



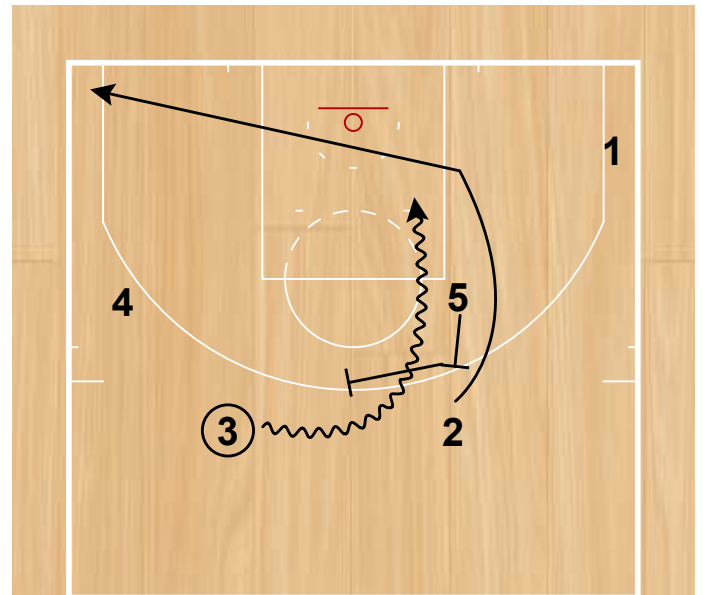
1 & 2 have options to cross (stay to the right of each other) or cut back and come off screens from 4 & 5. 3 reads the defense and passes to open man. after 1 & 2 cut off them 4 & 5 look to seal their man and post up.

Chest (Down)  
Half Court Sets



1 executes a DHO with 2, 4 sets a pindown for 3. 2 passes to 3.

Chest (Down)  
Half Court Sets

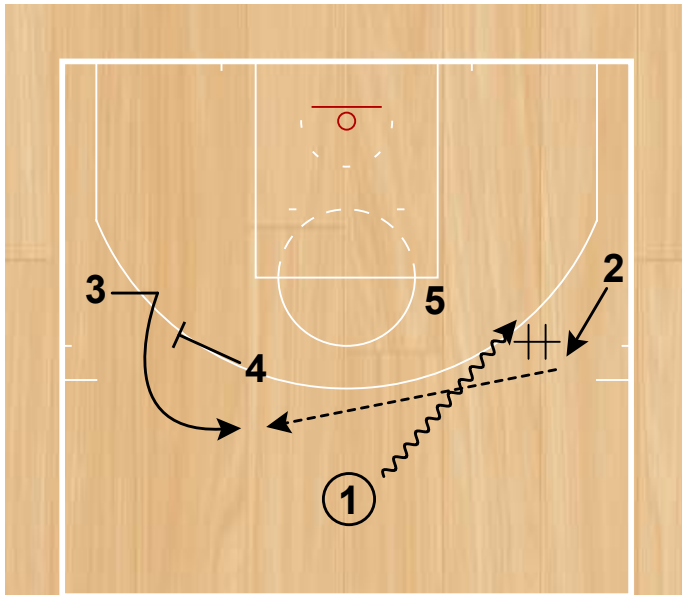


5 sets a backscreen for 2 who cuts to the rim and clears to the corner. 5 then steps up and sets a ballscreen for 3.



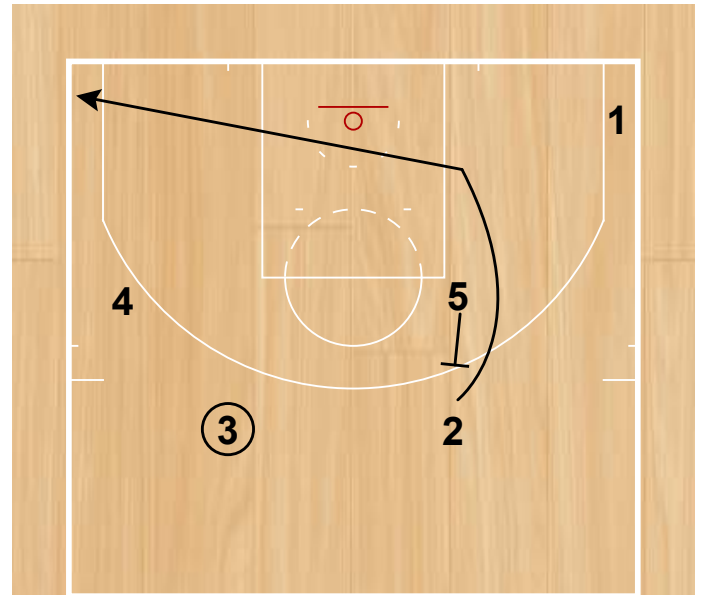
# Tom Izzo Michigan State Playbook

Chest (Down Quick)  
Half Court Sets



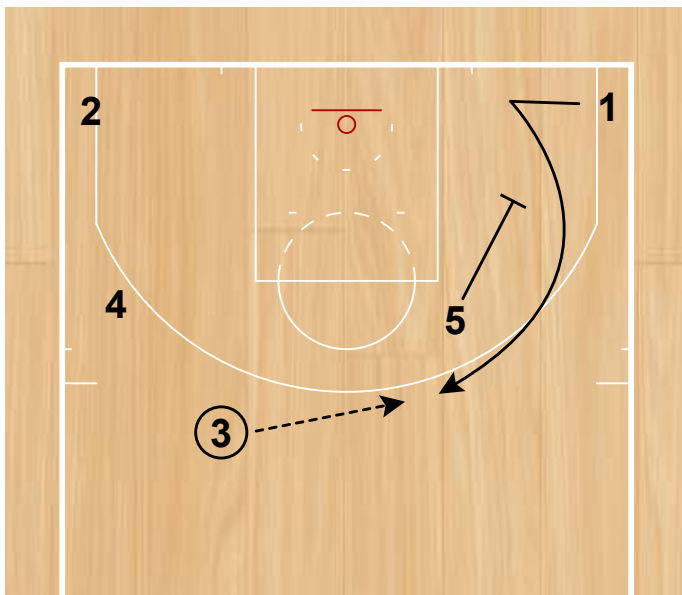
1 executes a DHO with 2, 4 sets a pindown for 3. 2 passes to 3.

Chest (Down Quick)  
Half Court Sets



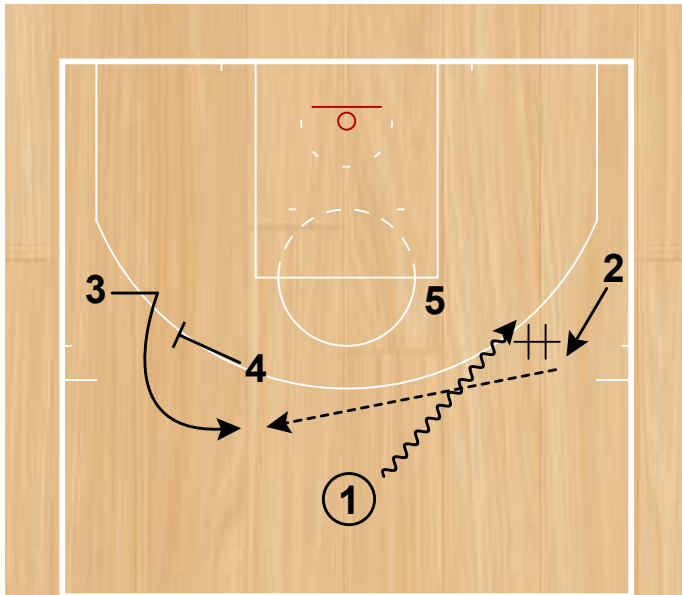
5 sets a backscreen for 2 who cuts to the rim and clears to the corner.

Chest (Down Quick)  
Half Court Sets



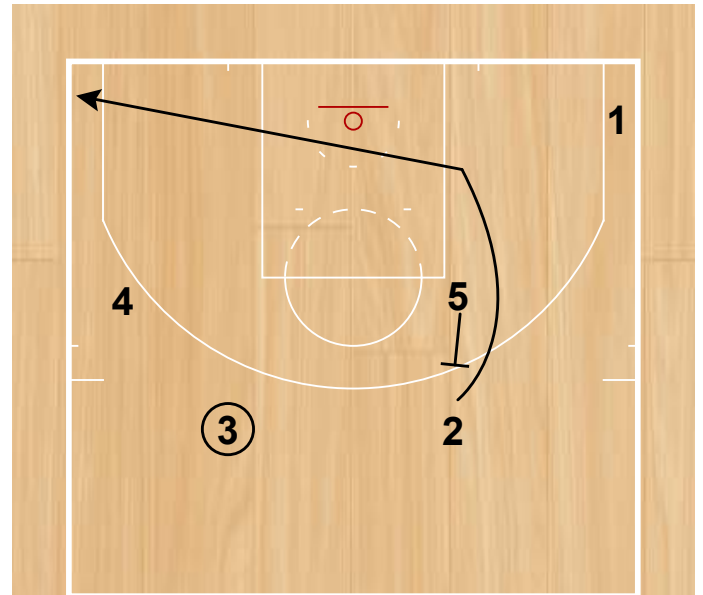
# Tom Izzo Michigan State Playbook

Chest (Down Quick ISO)  
Half Court Sets



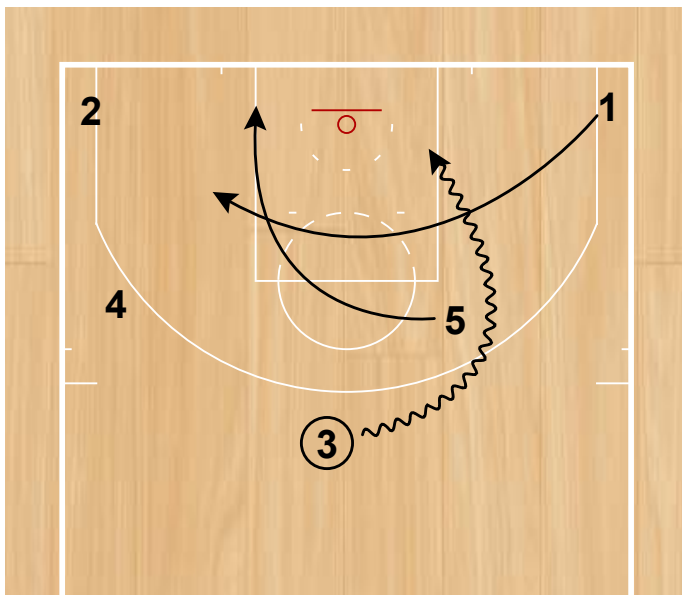
1 executes a DHO with 2, 4 sets a pindown for 3. 2 passes to 3.

Chest (Down Quick ISO)  
Half Court Sets



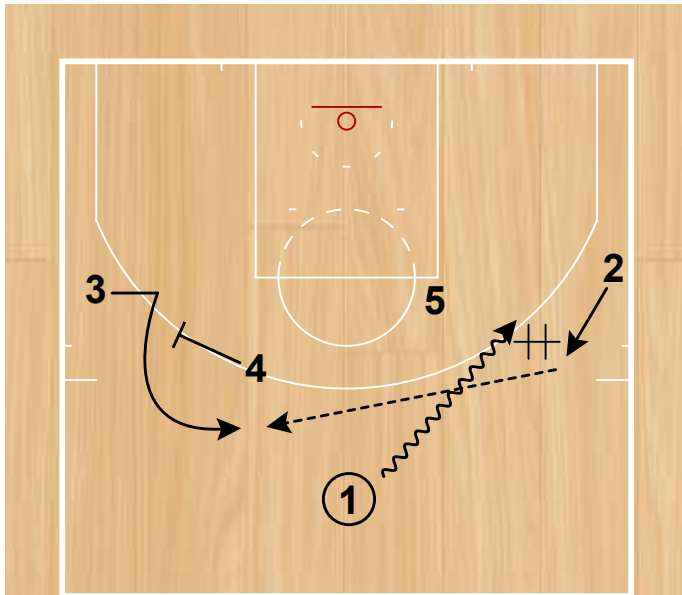
5 sets a backscreen for 2 who cuts to the rim and clears to the corner.

Chest (Down Quick ISO)  
Half Court Sets



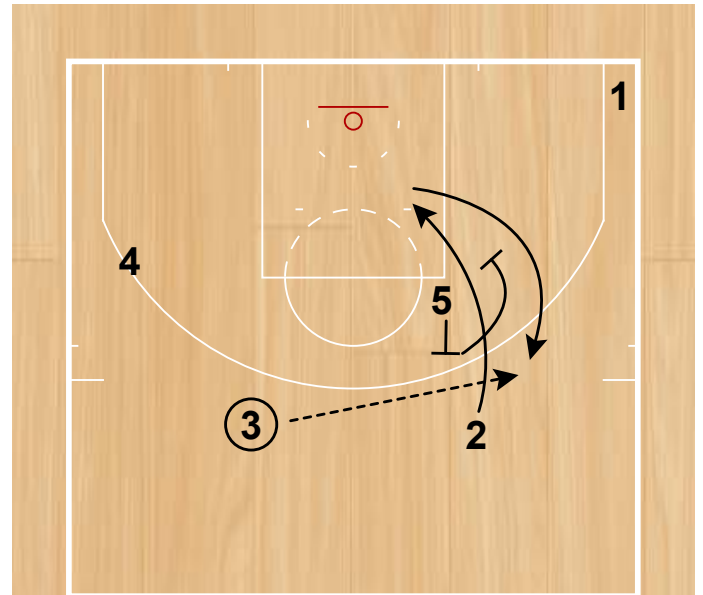
# Tom Izzo Michigan State Playbook

Chest (Down Pop)  
Half Court Sets



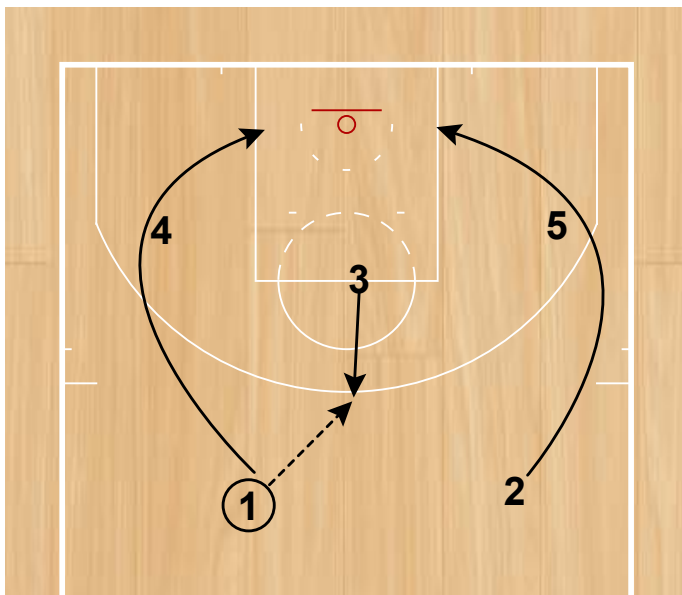
1 executes a DHO with 2, 4 sets a pindown for 3. 2 passes to 3.

Chest (Down Pop)  
Half Court Sets



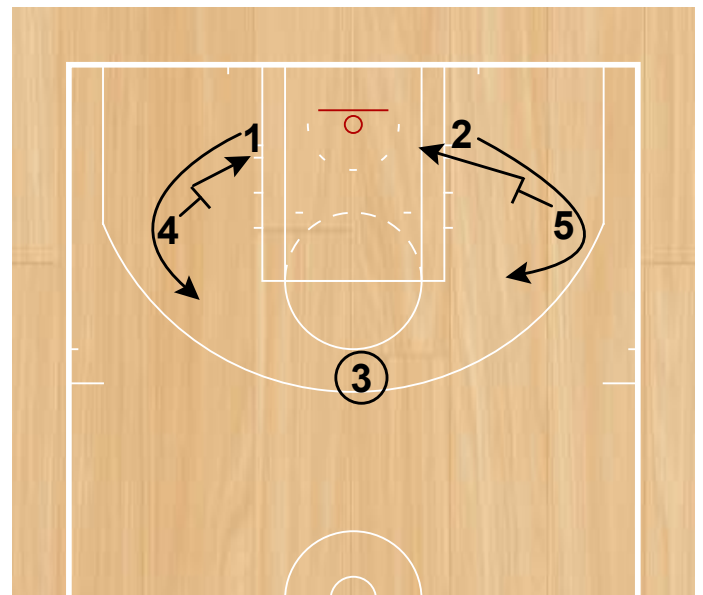
5 sets a backscreen for 2 and then turns and rescreens in a pindown for 2 to get an open 3.

Chest (Up)  
Half Court Sets



3 pops to the top of the key. 1 passes to 3. 1 and 2 cut through off 4 & 5.

Chest (Up)  
Half Court Sets

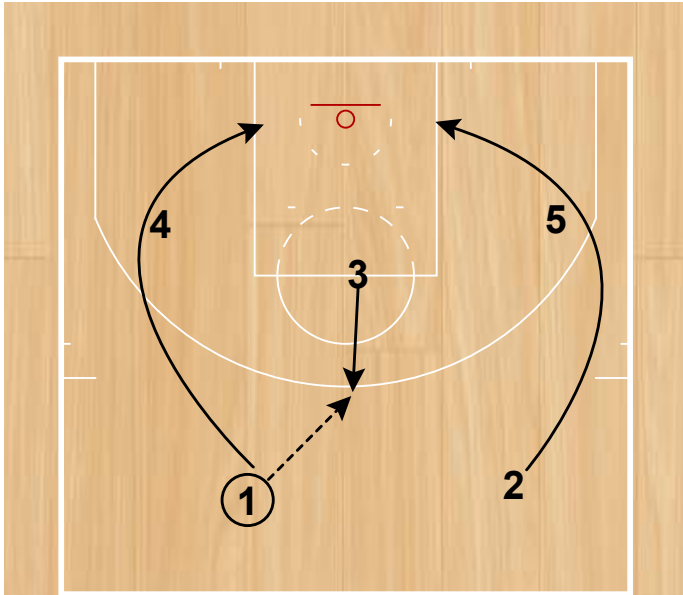


1 & 2 cut off screens from 4 & 5. 4 & 5 slip to rim.



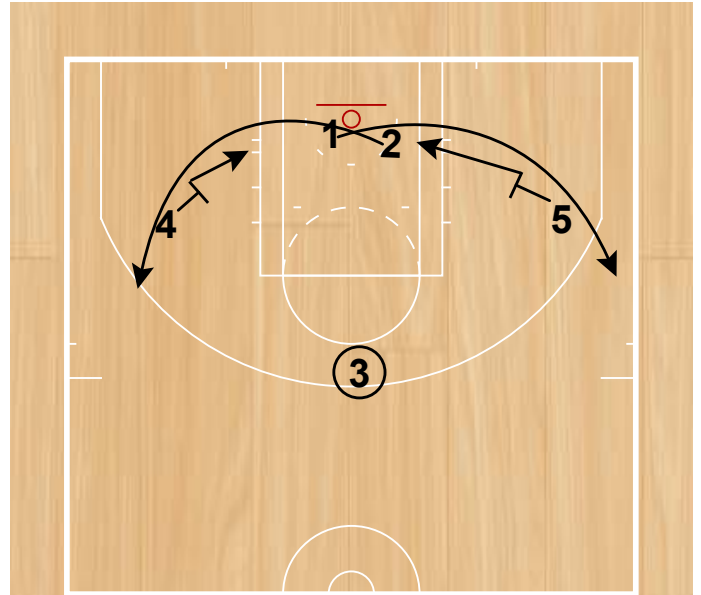
# Tom Izzo Michigan State Playbook

Chest (Up Cross)  
Half Court Sets



3 pops to the top of the key. 1 passes to 3. 1 and 2 cut through off 4 & 5.

Chest (Up Cross)  
Half Court Sets

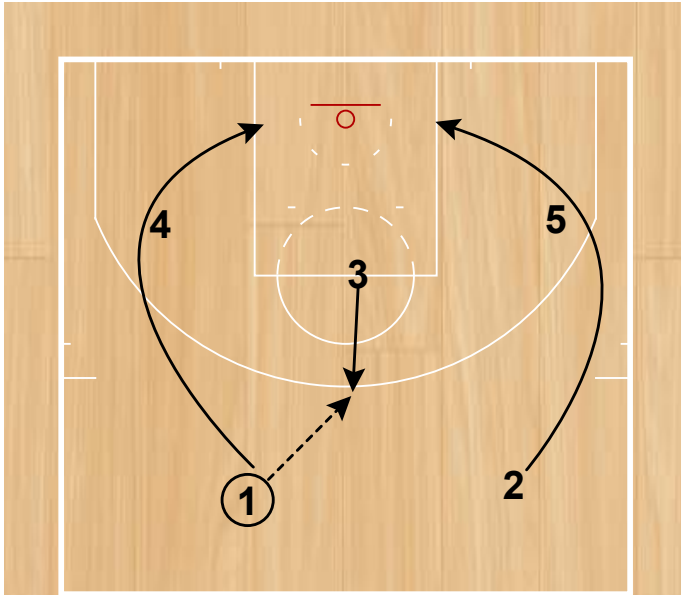


1 & 2 cut across and exit to the wing.  
4 & 5 slip to the rim.

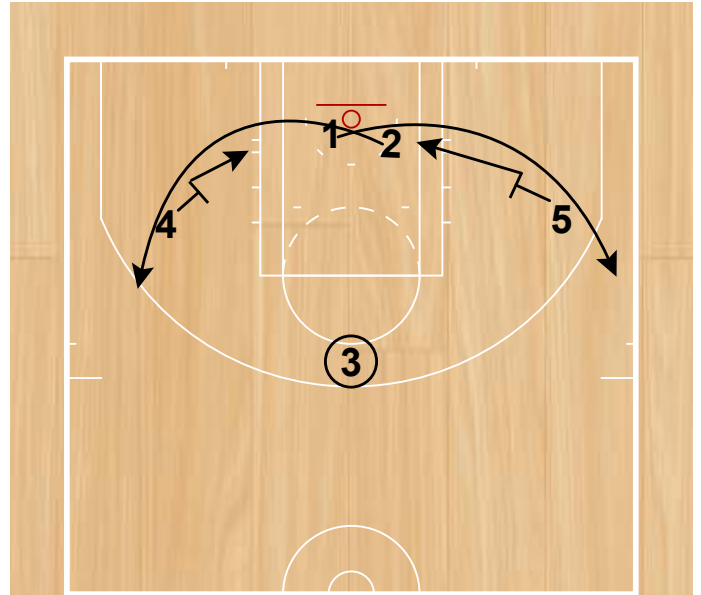


# Tom Izzo Michigan State Playbook

Chest (Up Cross/ISO)  
Half Court Sets

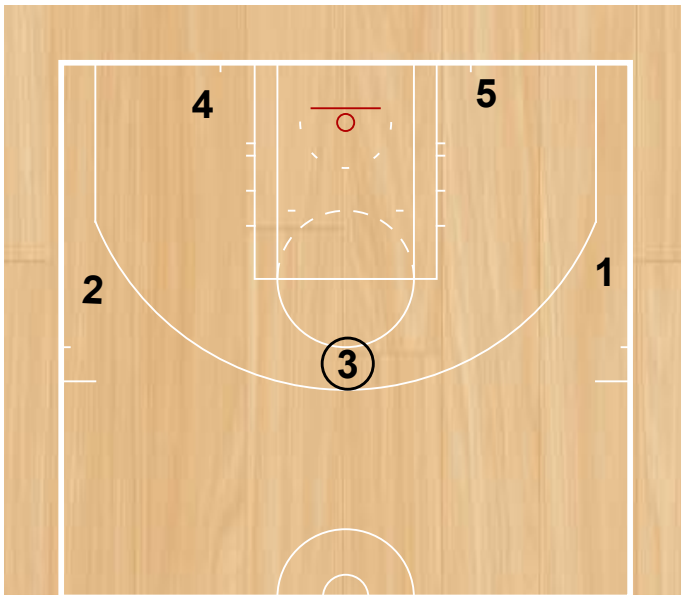


Chest (Up Cross/ISO)  
Half Court Sets



3 pops to the top of the key. 1 passes to 3. 1 and 2 cut through off 4 & 5.

Chest (Up Cross/ISO)  
Half Court Sets



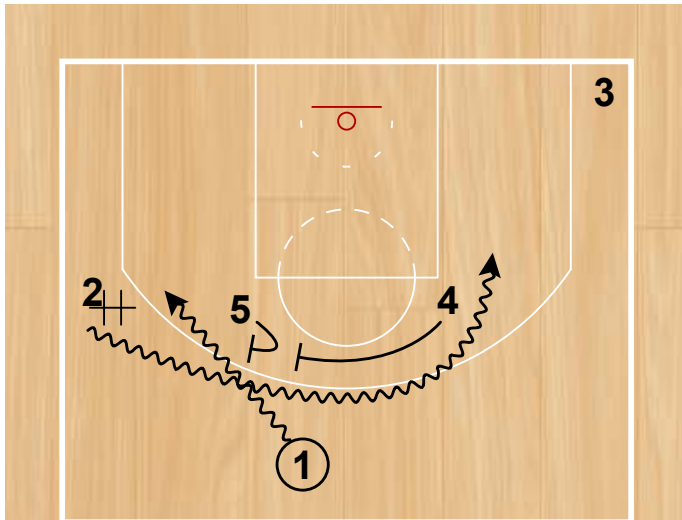
Isolation for 3.





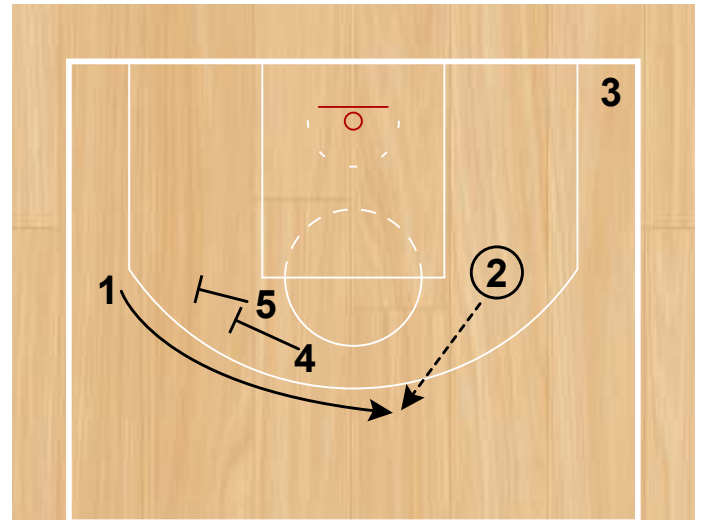
# Tom Izzo Michigan State Playbook

Double Fan  
Half Court Sets



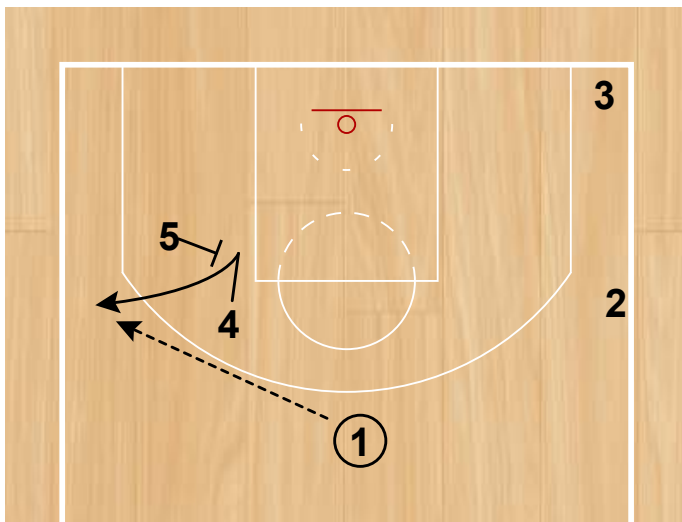
1 hands off to 2, 4 & 5 follow into double ballscreen.

Double Fan  
Half Court Sets



4 & 5 continue into stagger screen for 1.

Double Fan  
Half Court Sets

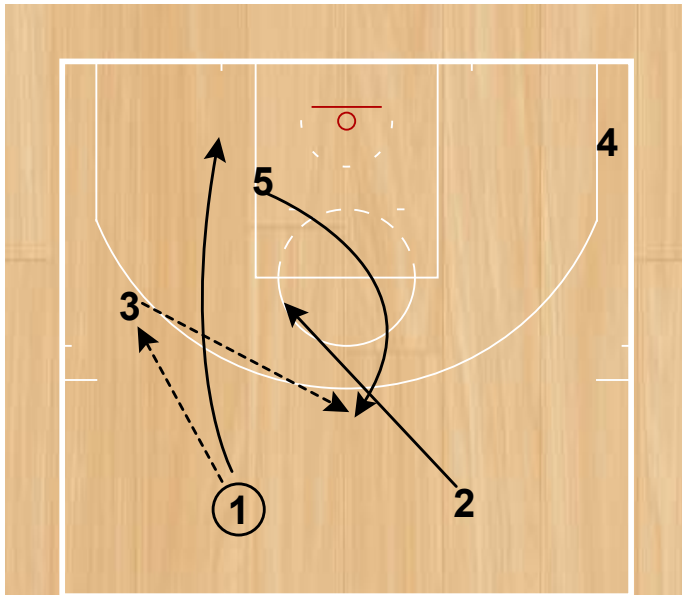


5 fans 4.



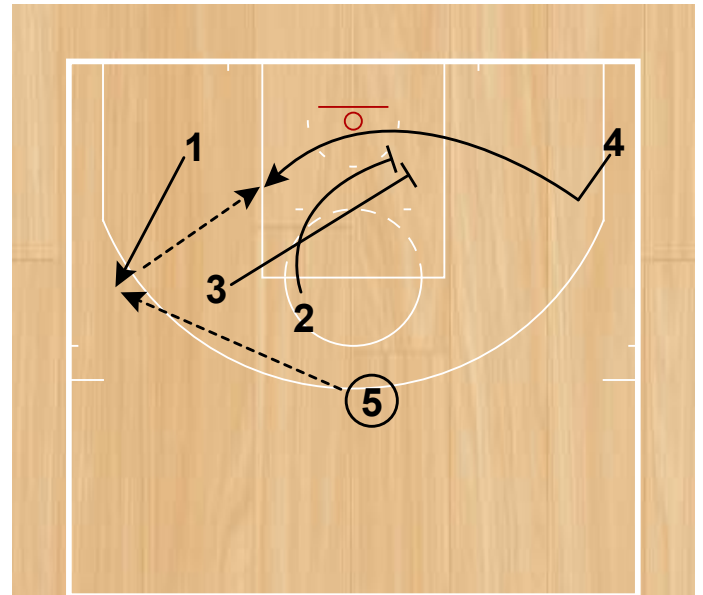
# Tom Izzo Michigan State Playbook

Double Rip  
Half Court Sets



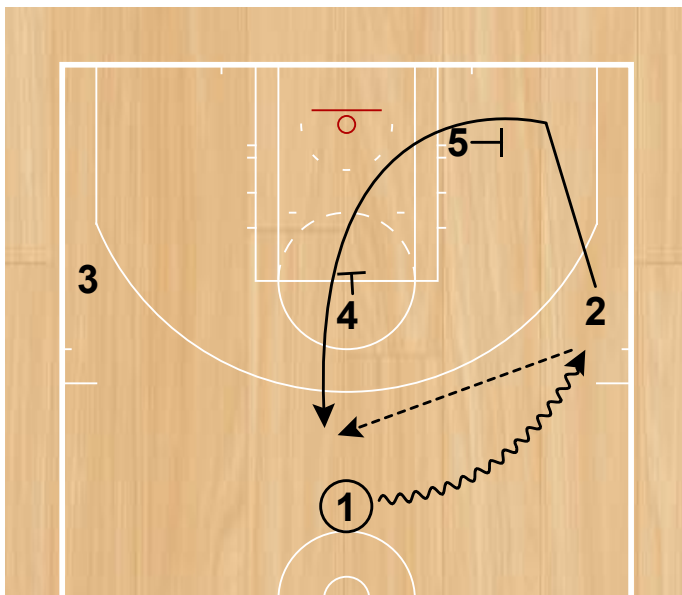
1 passes to 3 and cuts through. 2 cuts to the elbow and 5 cuts to the top of the key. 3 passes to 5.

Double Rip  
Half Court Sets



1 cuts to the wing and 5 passes to 1. 3 & 2 both cut together and set a double cross screen for 4.

Dribble  
Half Court Sets

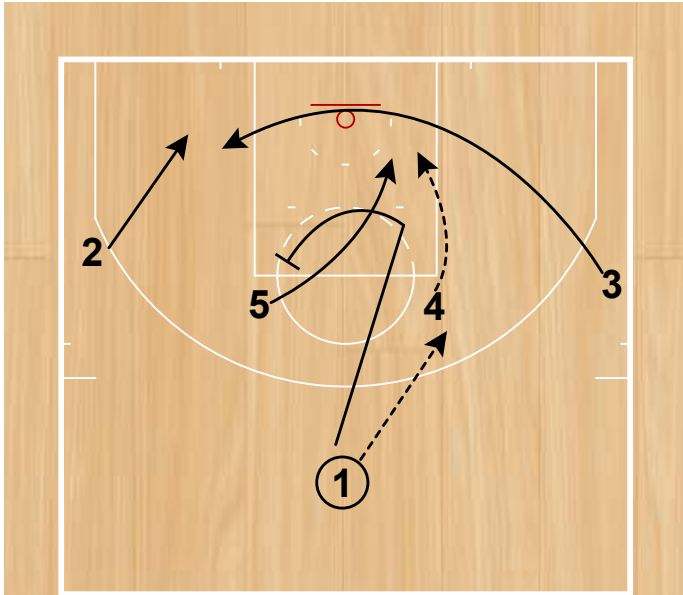


1 dribbles at 2.  
2 zipper cuts off 4 & 5.  
Isolation for 2.



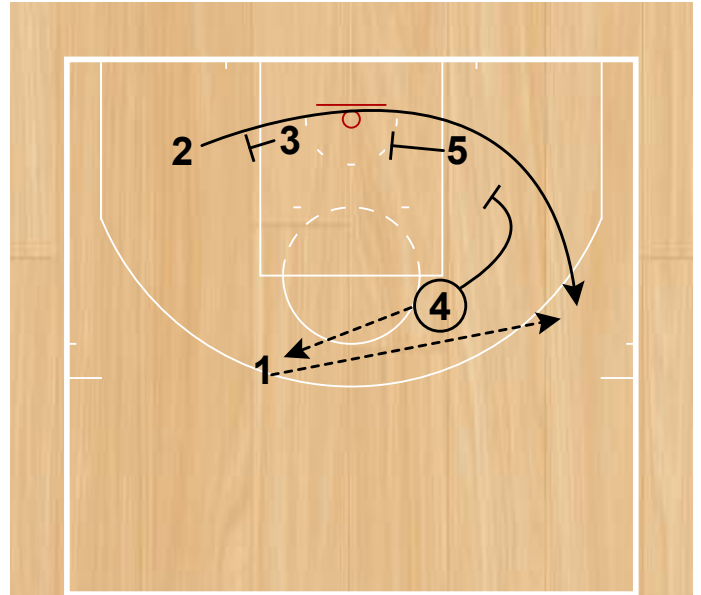
# Tom Izzo Michigan State Playbook

Elbow Rub  
Half Court Sets



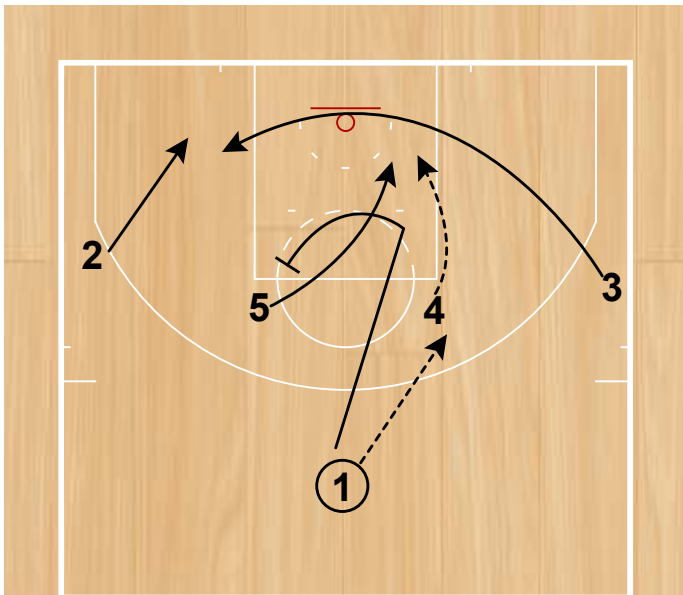
1 passes to 4 and cuts through the key and sets a rub screen for 5 who cuts to the rim. First option is to look for 5 on the cut.

Elbow Rub  
Half Court Sets



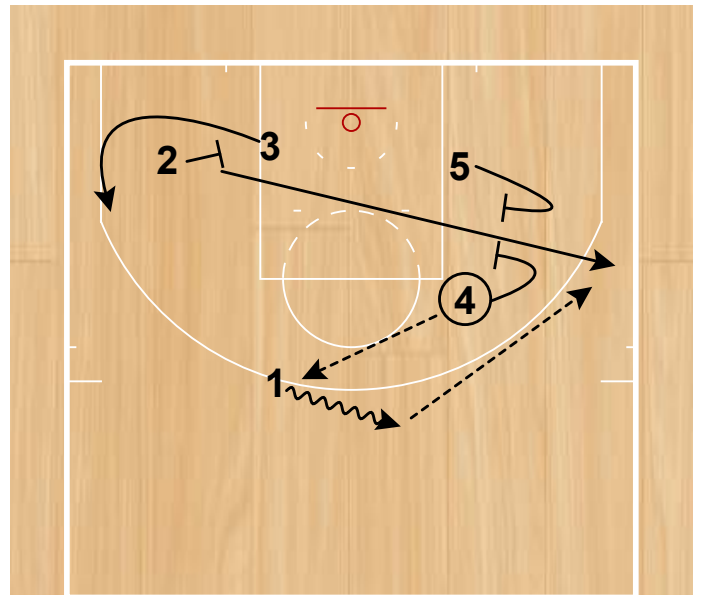
If covered 4 passes to 1. 2 then cuts off a triple screen from 3/5/4. 1 passes to 2.

Elbow Rub Elevator  
Half Court Sets



1 passes to 4 and cuts through the key and sets a rub screen for 5 who cuts to the rim. First option is to look for 5 on the cut.

Elbow Rub Elevator  
Half Court Sets

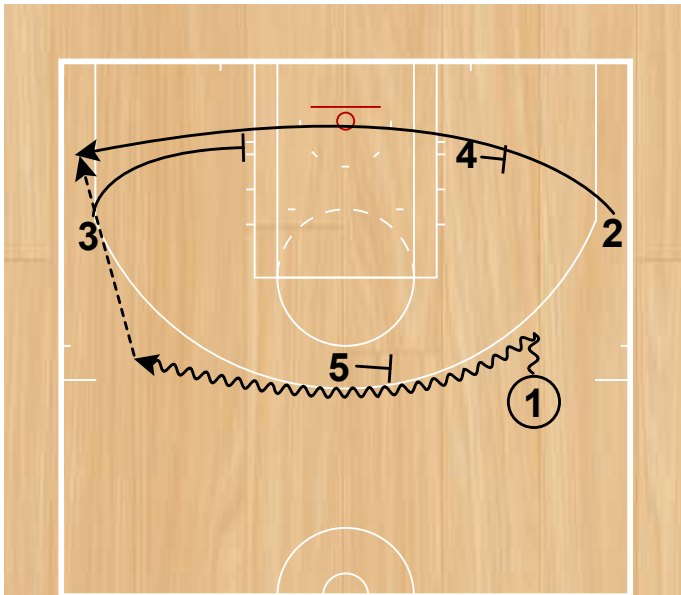


2 screens 3 and then leaks out and runs through an elevator screen from 4 & 5. 1 passes to 2.



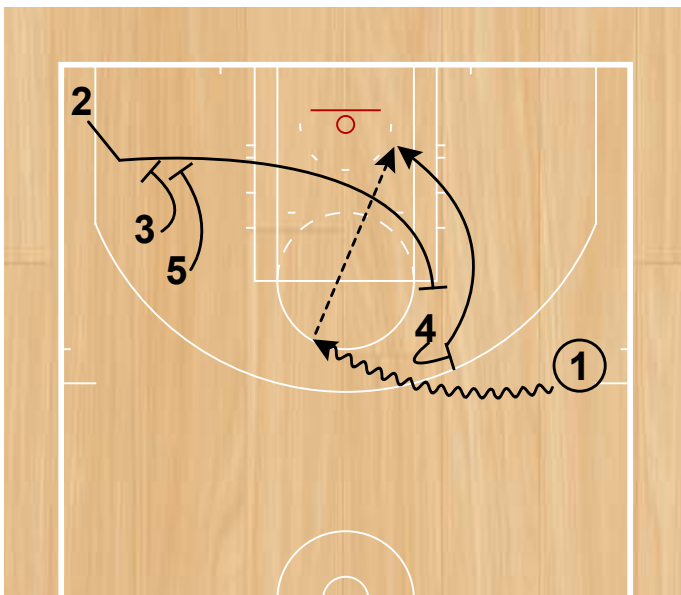
# Tom Izzo Michigan State Playbook

Fist  
Half Court Sets



1 comes off ballscreen from 5.  
2 cuts off 3 & 4 to opposite wing.

Fist Up Rip  
Half Court Sets

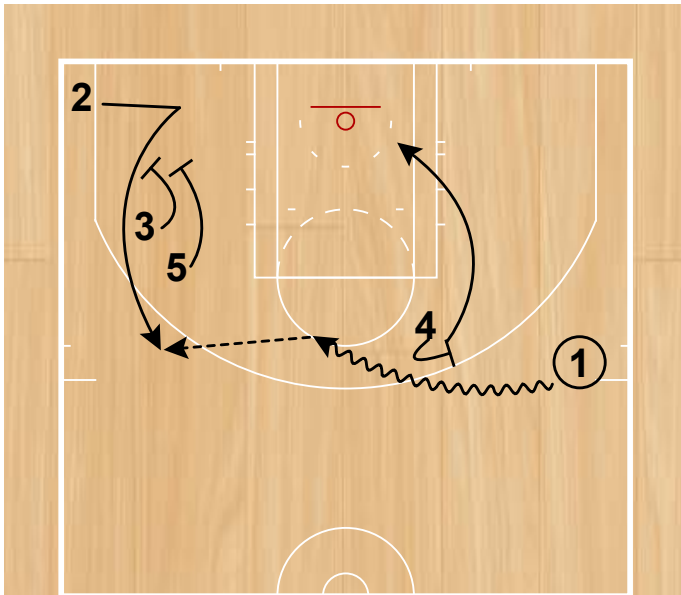


4 sets ballscreen for 1.  
2 cuts off stagger screen from 5 & 3.  
2 sets backscreen for 4.



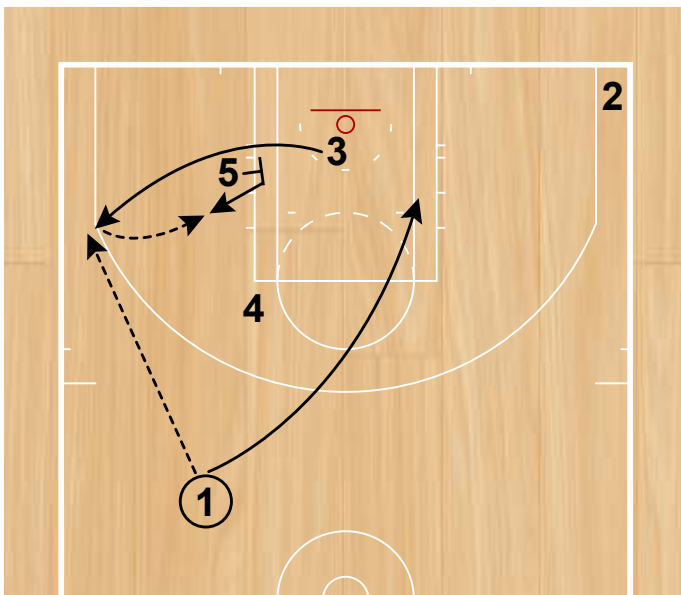
# Tom Izzo Michigan State Playbook

Fist Up Rip (Overplay)  
Half Court Sets



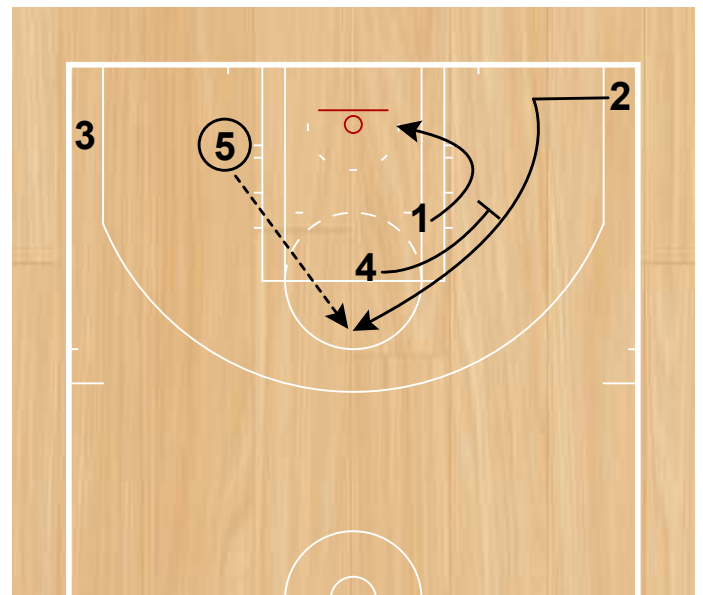
1 comes off ballscreen from 4.  
2 rejects backscreen from 3 & 5 and cuts off stagger for shot.

Post Down (Double)  
Half Court Sets



3 cuts to the wing.  
1 passes to 3 who drops to 5 in the post.

Post Down (Double)  
Half Court Sets

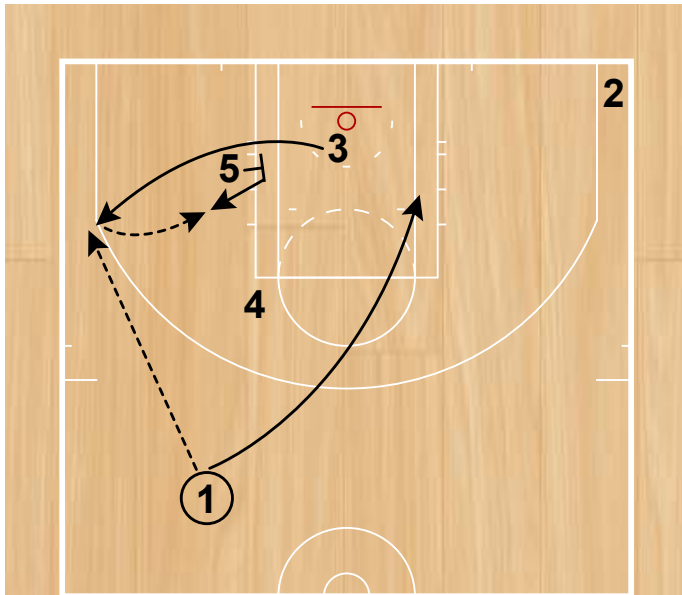


1 & 4 cut into paint, 4 screens down for 2.



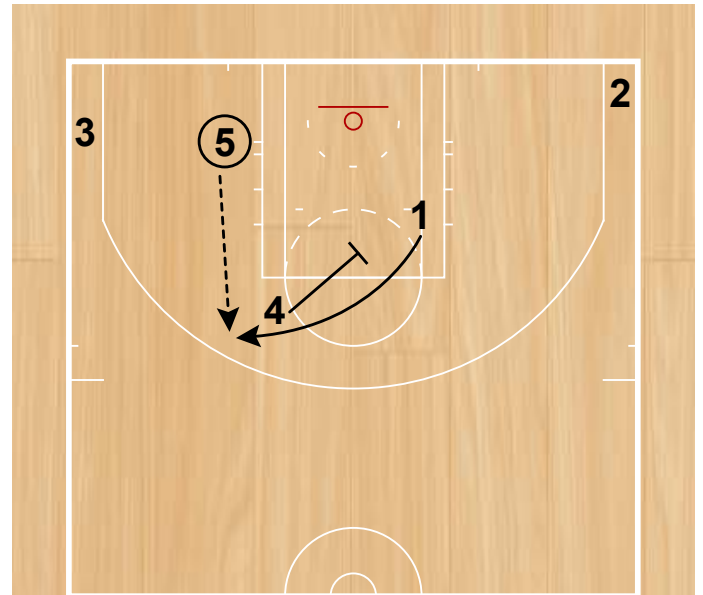
# Tom Izzo Michigan State Playbook

Post Down (Single)  
Half Court Sets



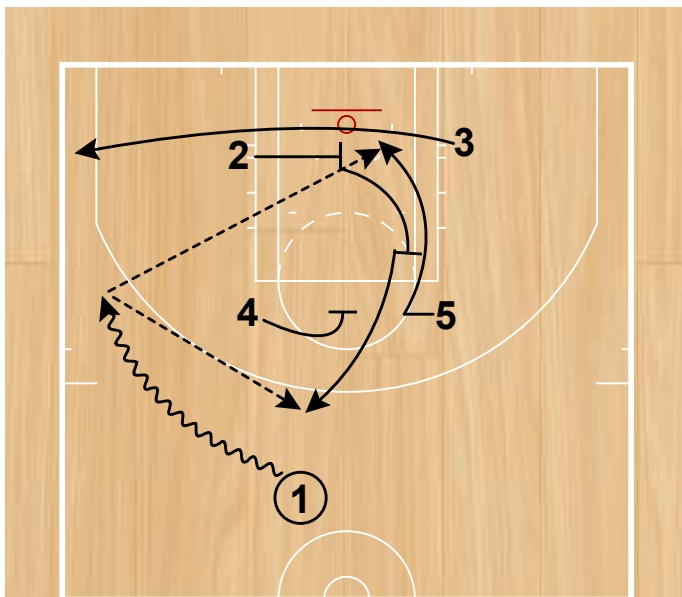
3 cuts to the wing.  
1 passes to 3 who drops to 5 in the post.

Post Down (Single)  
Half Court Sets



4 screens down for 1 for a shot.

Rice Rip  
Half Court Sets

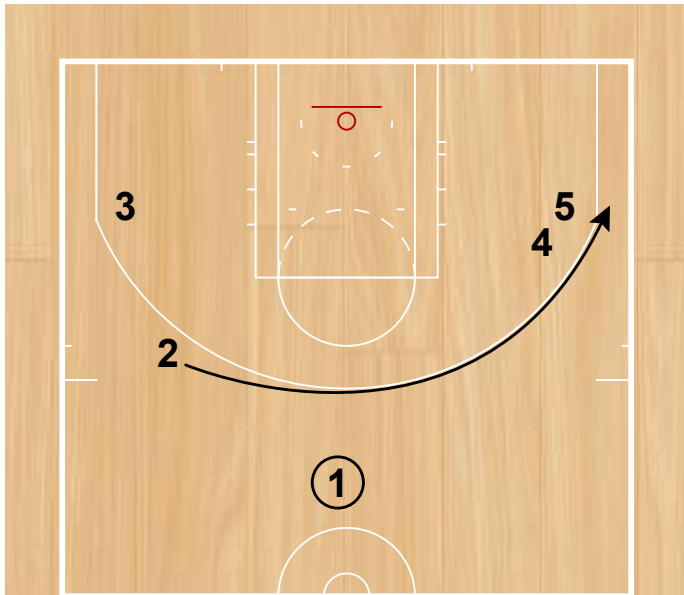


2 screens across for 3.  
2 sets backscreen for 5 and then comes off down screen from 4.

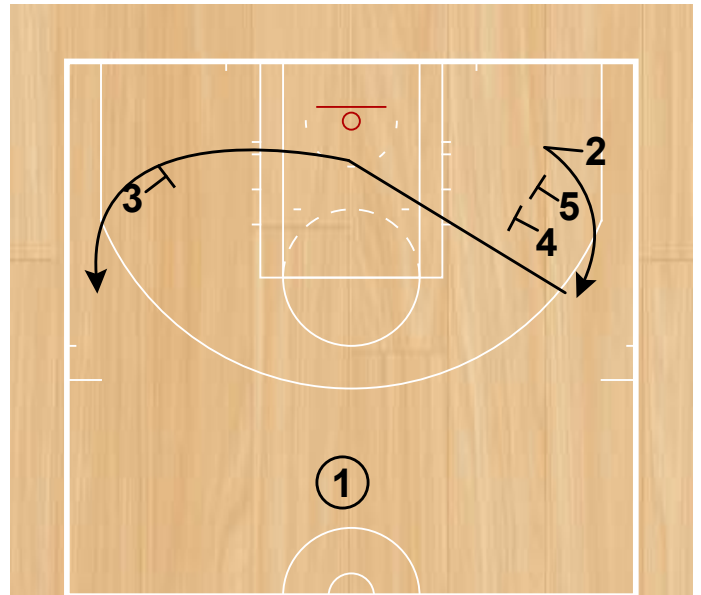


# Tom Izzo Michigan State Playbook

Single Double (Wide)  
Half Court Sets

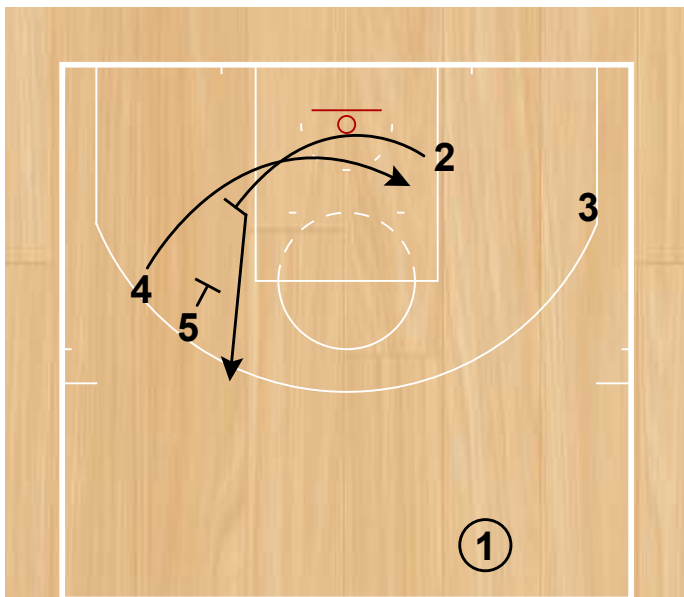


Single Double (Wide)  
Half Court Sets



Floppy Wide.

STS  
Half Court Sets

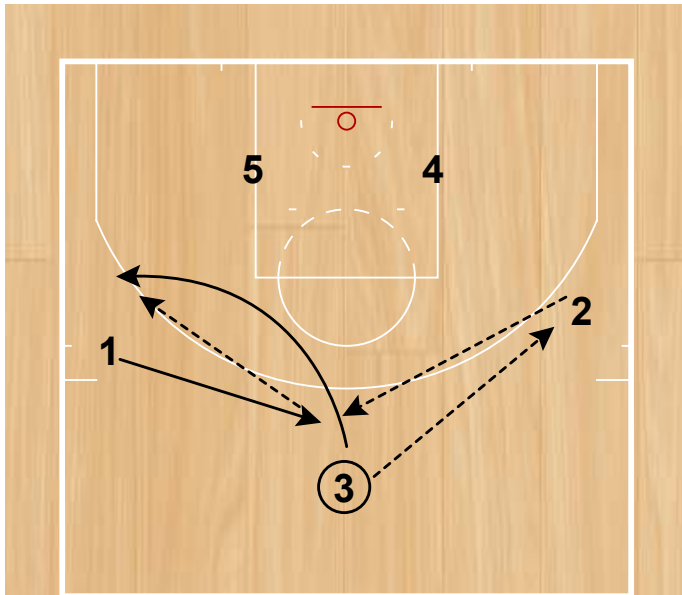


Michigan State usually runs 2 off a double screen and instead 2 screens 4 and 5 screens down 2. 1 reads the defense and chooses best option.



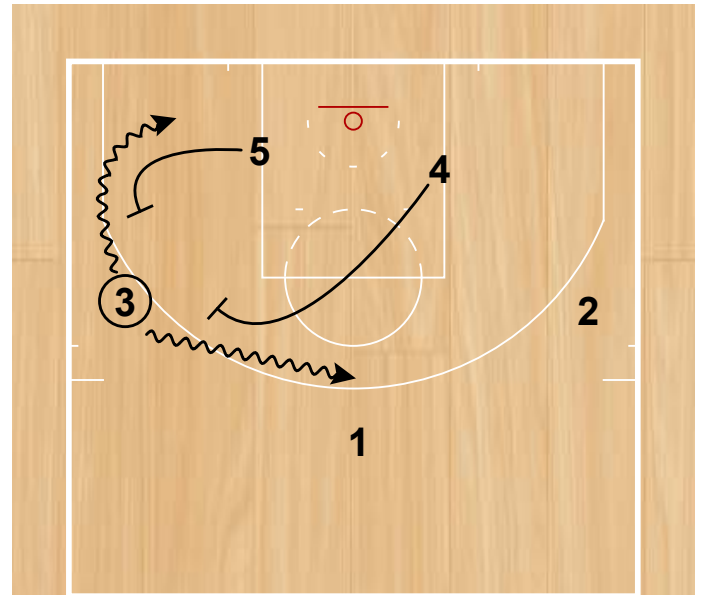
# Tom Izzo Michigan State Playbook

Thru Detroit  
Half Court Sets



3 passes to 2 and cuts through to opposite wing. 1 replaces and 2 passes to 1. 1 reverses to 3.

Thru Detroit  
Half Court Sets



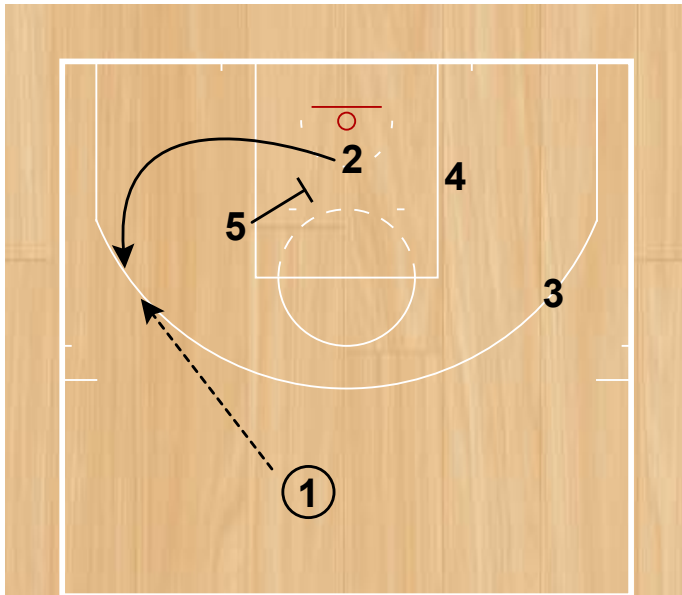
4 & 5 sprint up and each set a ballscreen for 3. 3 chooses with side to attack off of.





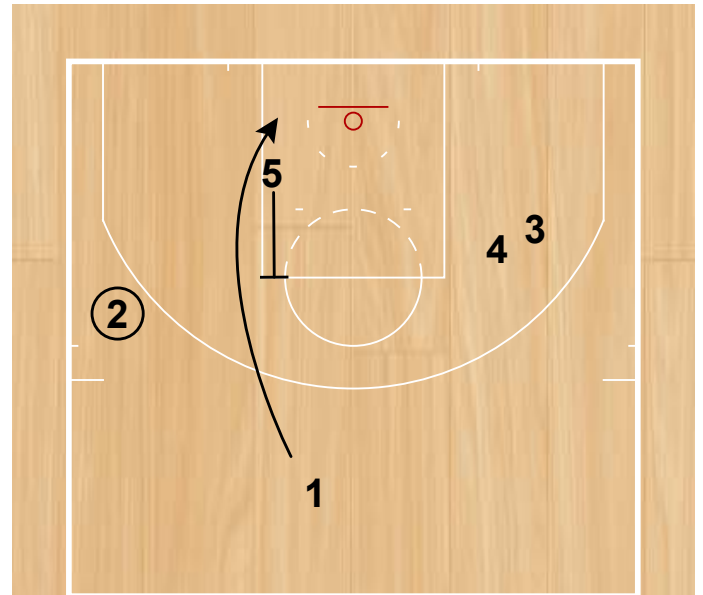
# Tom Izzo Michigan State Playbook

Thumbs Down  
Half Court Sets



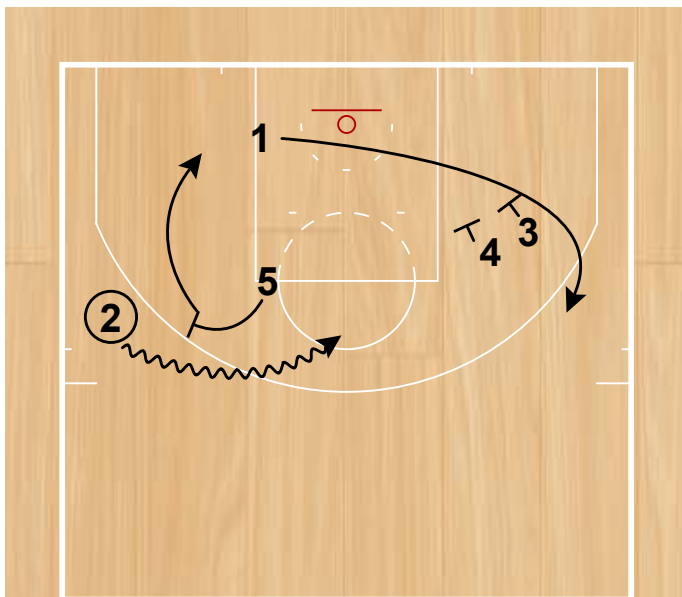
2 exits off 5's screen and cuts to the wing. 1 passes to 2.

Thumbs Down  
Half Court Sets



5 steps up and sets a UCLA screen for 1.

Thumbs Down  
Half Court Sets

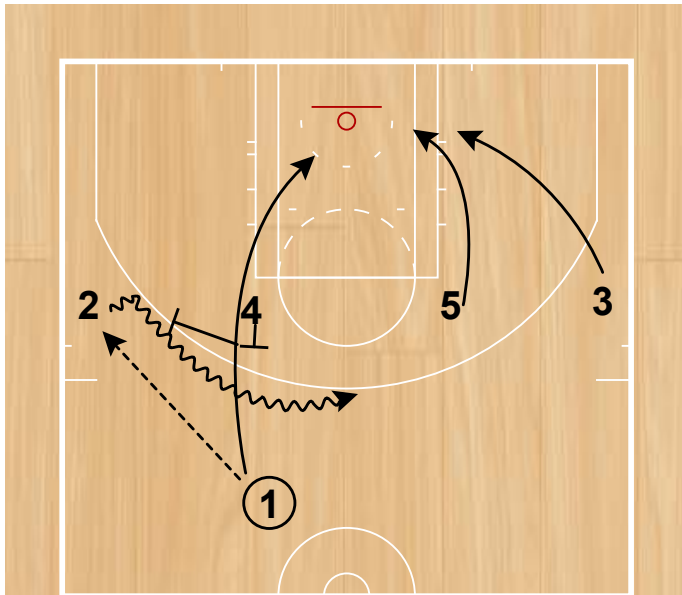


5 sets a PNR for 2. 1 comes off double screen from 4 & 3.



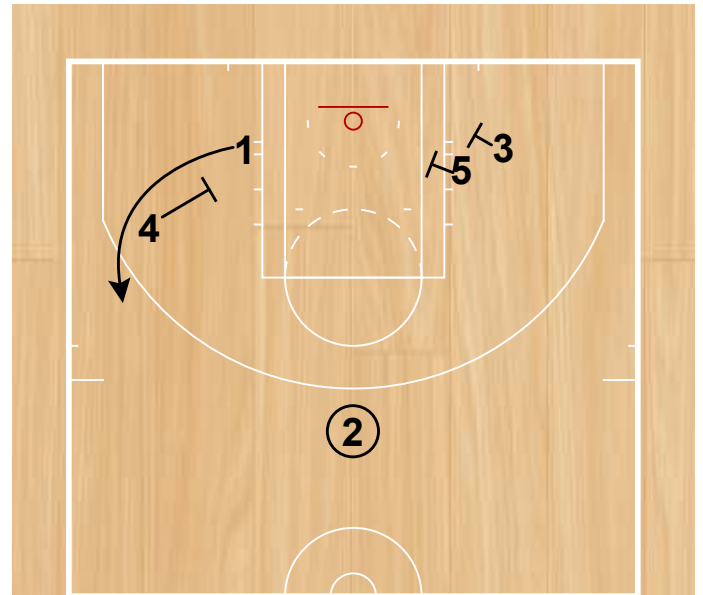
# Tom Izzo Michigan State Playbook

Thumbs Down (Miami)  
Half Court Sets



1 passes to 2 and UCLA cuts in the paint.  
2 attacks off ballscreen from 4.

Thumbs Down (Miami)  
Half Court Sets

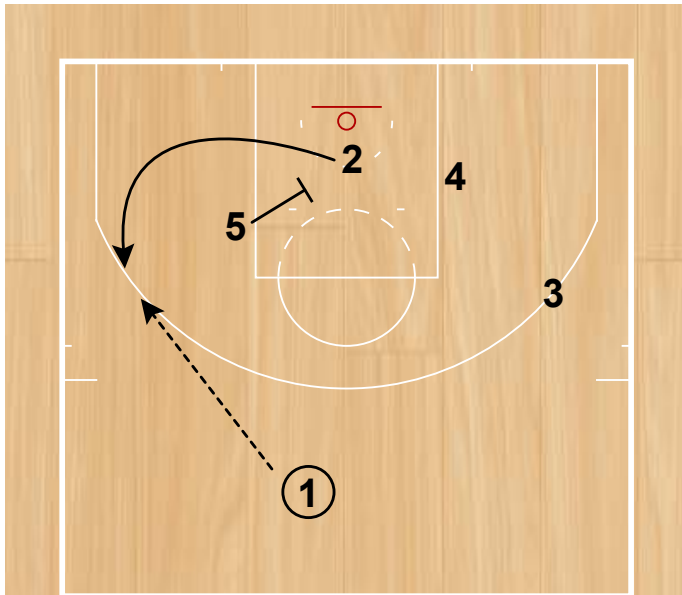


1 uses single side.



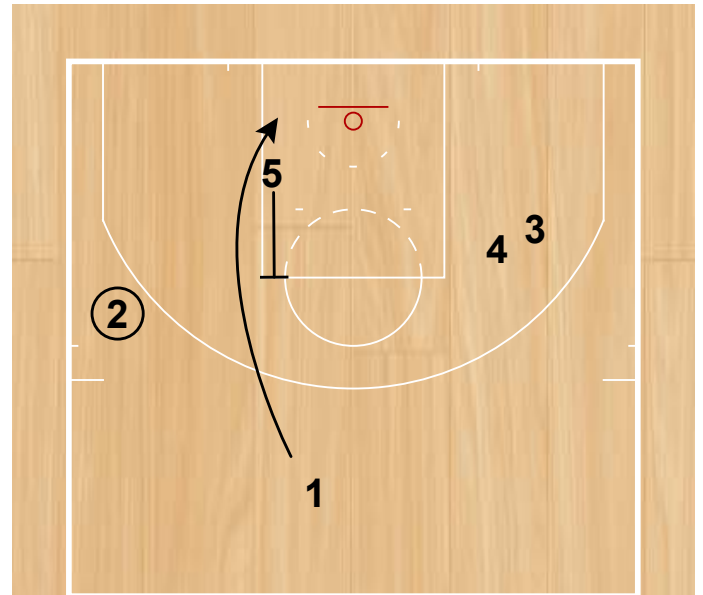
# Tom Izzo Michigan State Playbook

Thumbs Down (Quick)  
Half Court Sets



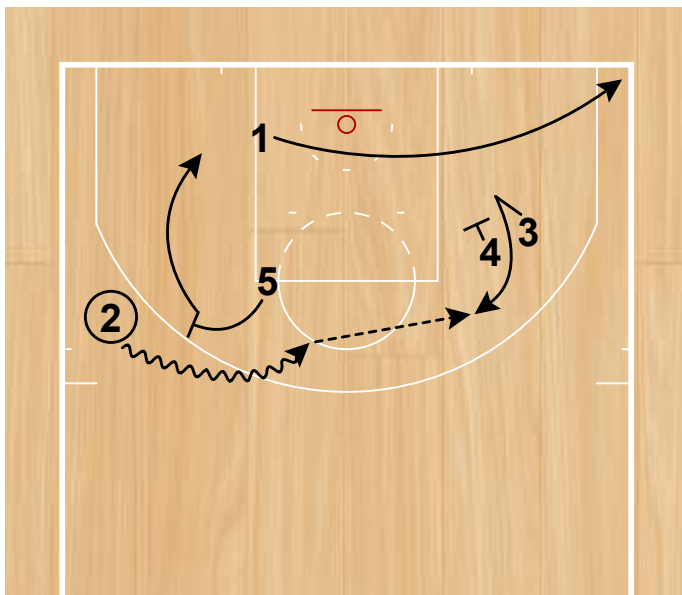
2 exits off 5's screen and cuts to the wing. 1 passes to 2.

Thumbs Down (Quick)  
Half Court Sets



5 steps up and sets a UCLA screen for 1.

Thumbs Down (Quick)  
Half Court Sets

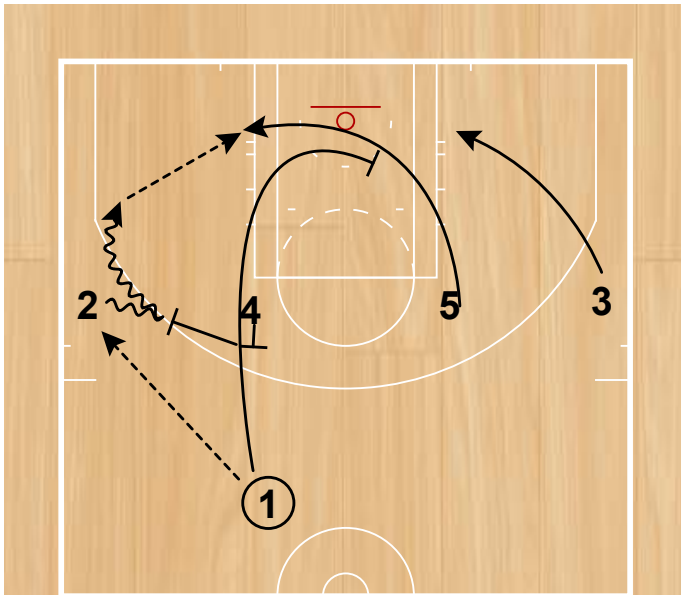


5 sets a PNR for 2. 1 comes off double screen from 4 & 3.



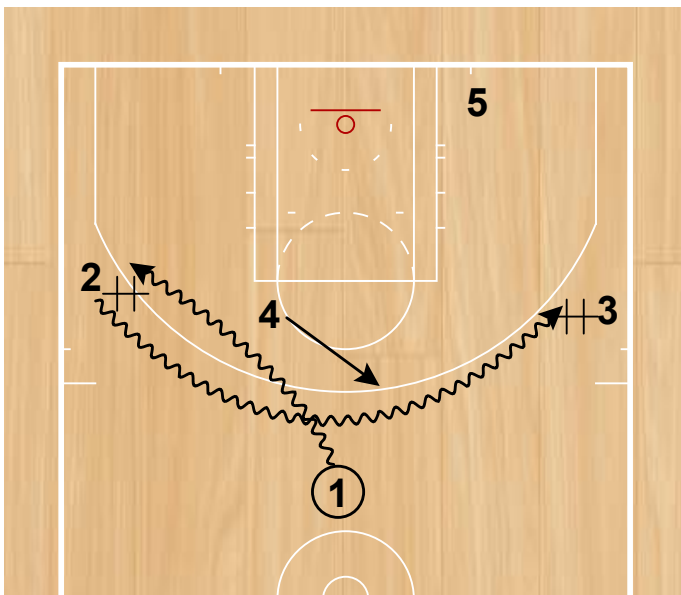
# Tom Izzo Michigan State Playbook

Thumbs Down (Rip)  
Half Court Sets

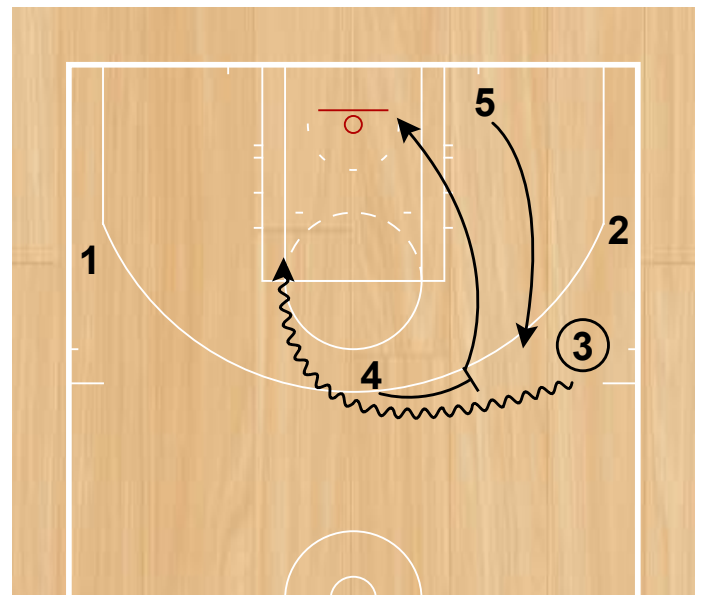


1 passes to 2 and UCLA cuts in the paint.  
2 attacks off ballscreen from 4.  
1 sets backscreen for 5.

Weave  
Half Court Sets



Weave  
Half Court Sets

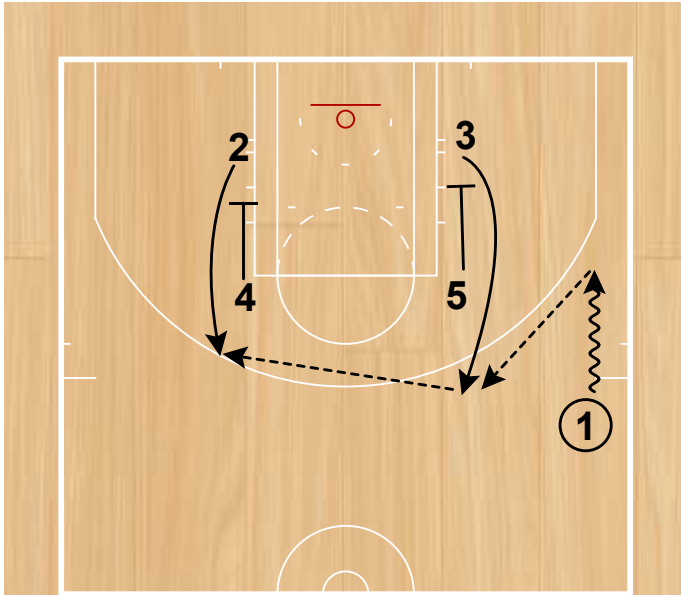


Weave action into ballscreen.



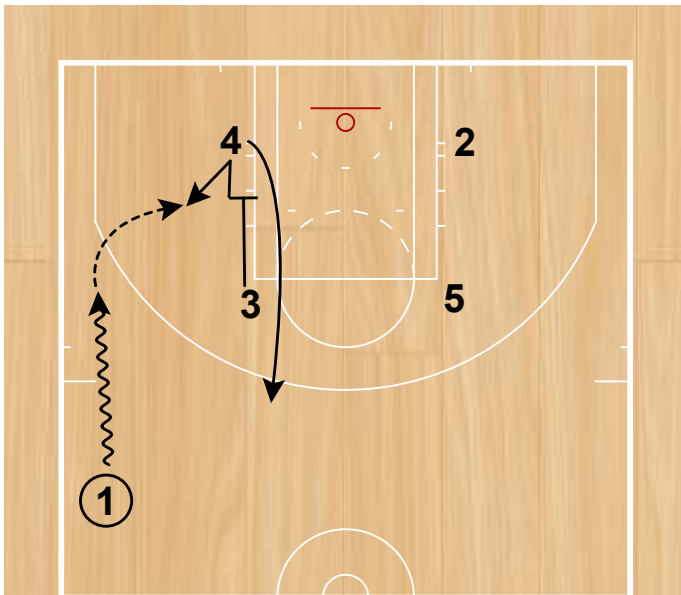
# Tom Izzo Michigan State Playbook

## Zipper Half Court Sets



Zipper action for quick shot.

## Zipper 3 Down Half Court Sets

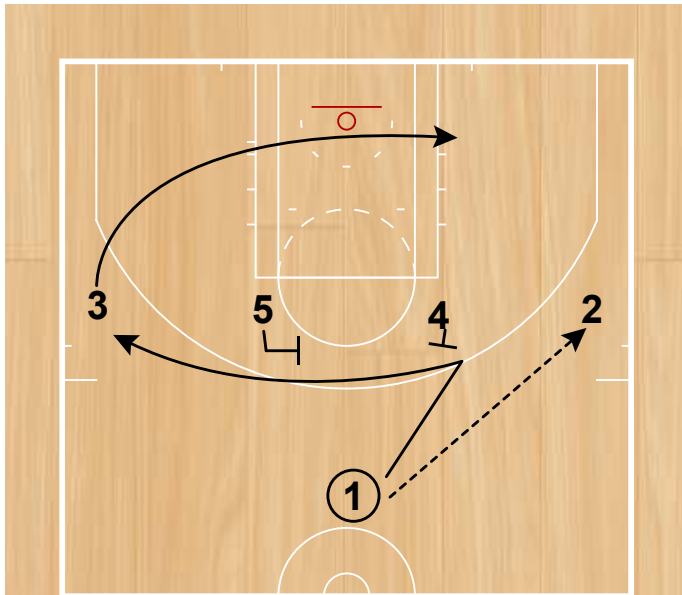


Post up for 3.



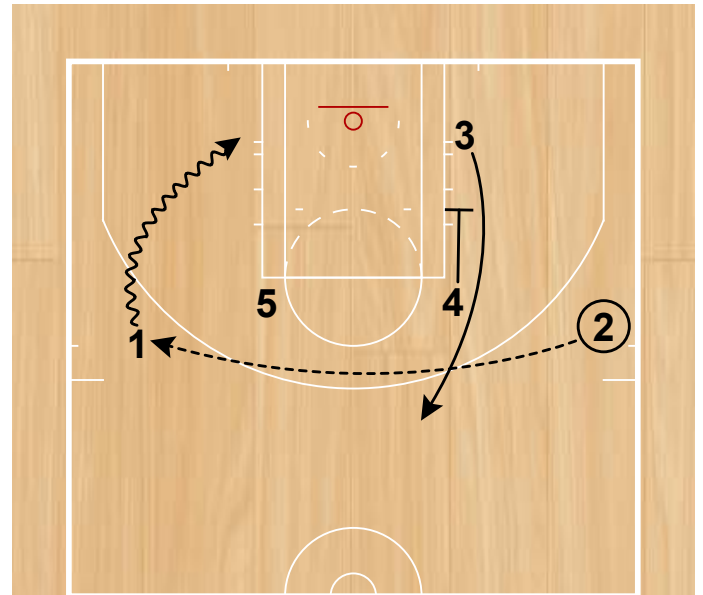
# Tom Izzo Michigan State Playbook

Horns Fade  
Horns



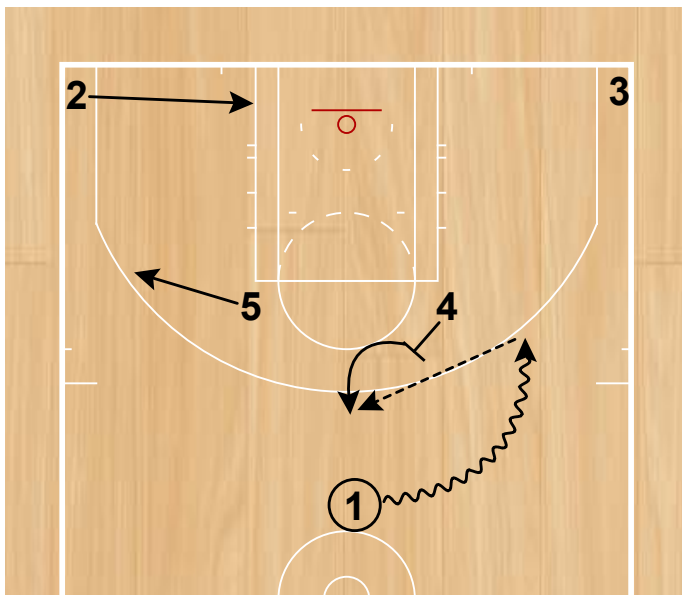
1 passes to 2 who cuts off flare screen from 5.

Horns Fade  
Horns



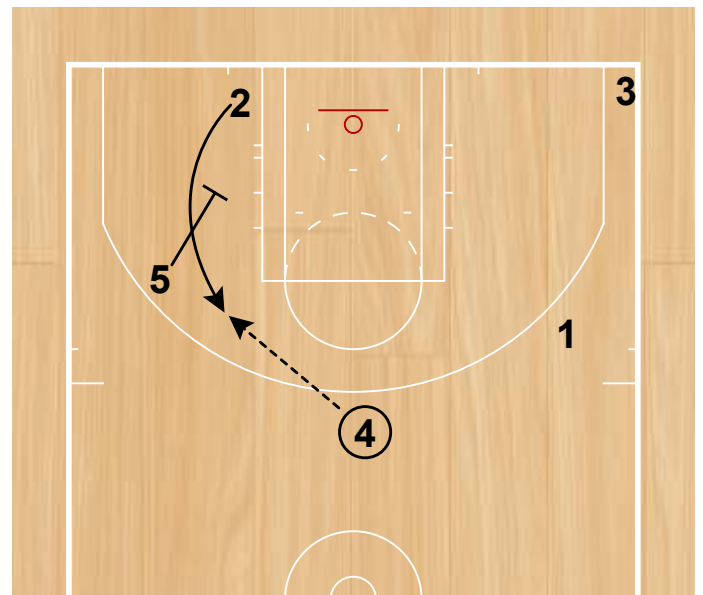
3 switches to 1.  
1 looks to attack, if nothing there then 5 drops into post.  
4 sets pindown for 3.

Horns Lift Sting  
Horns



1 comes off ballscreen from 4.  
4 lifts.  
1 passes to 4.

Horns Lift Sting  
Horns

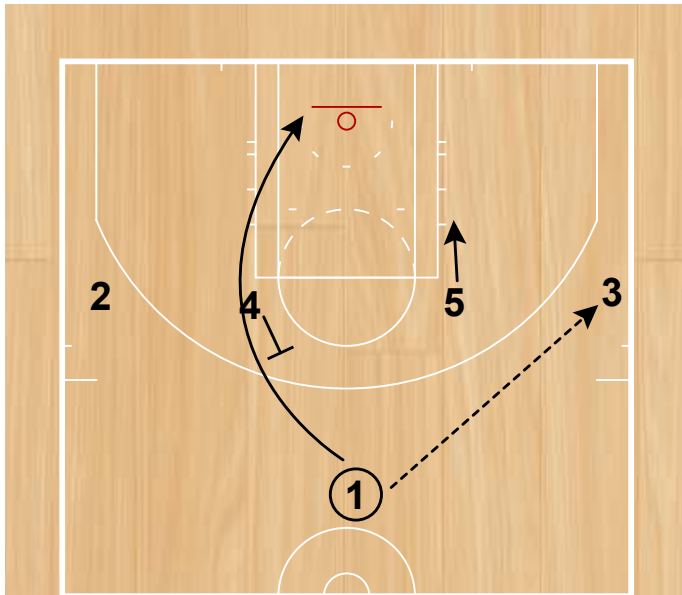


5 sets pindown for 2.



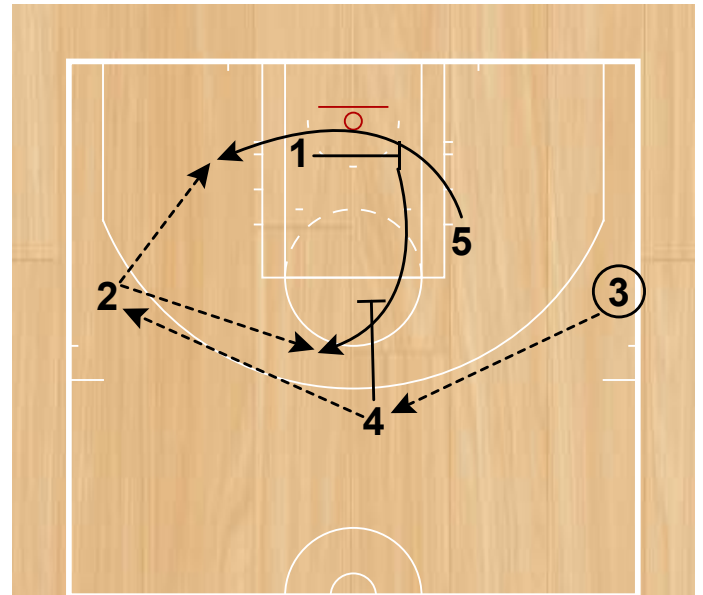
# Tom Izzo Michigan State Playbook

Horns Rice  
Horns



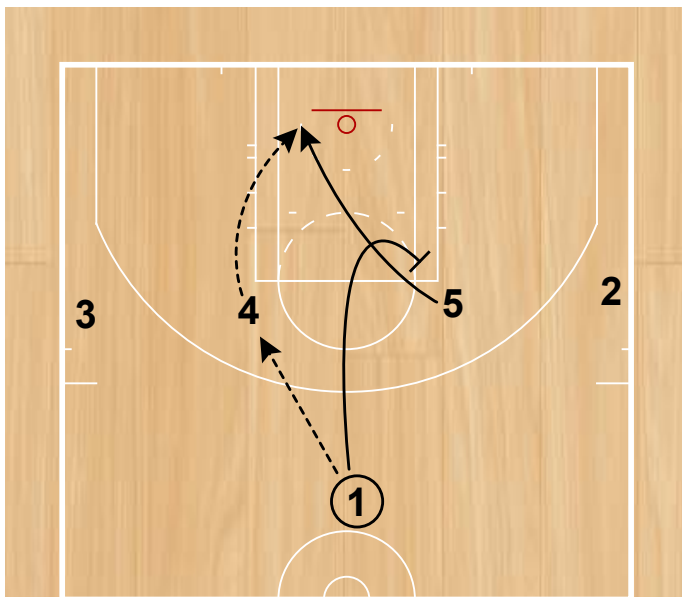
1 passes to 3 and cuts off backscreen from 4.

Horns Rice  
Horns



1 sets cross screen for 5 and then comes off down screen from 4.

Horns Rub  
Horns

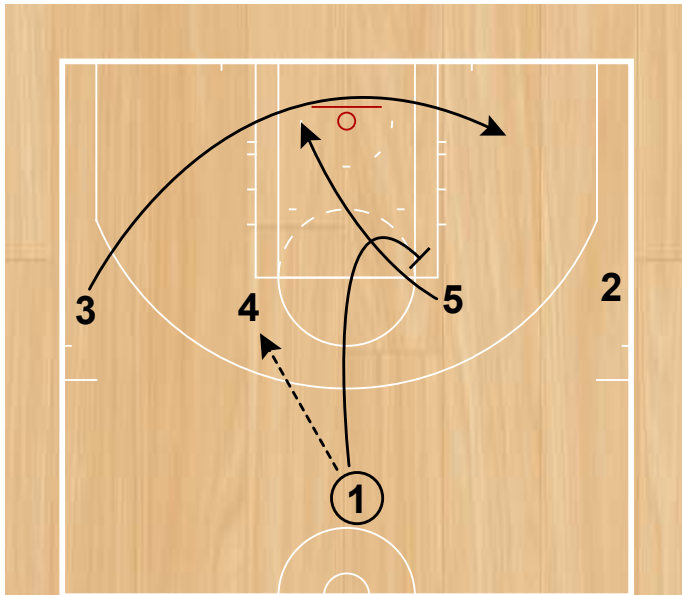


1 passes to 4 and then rub screens 5.



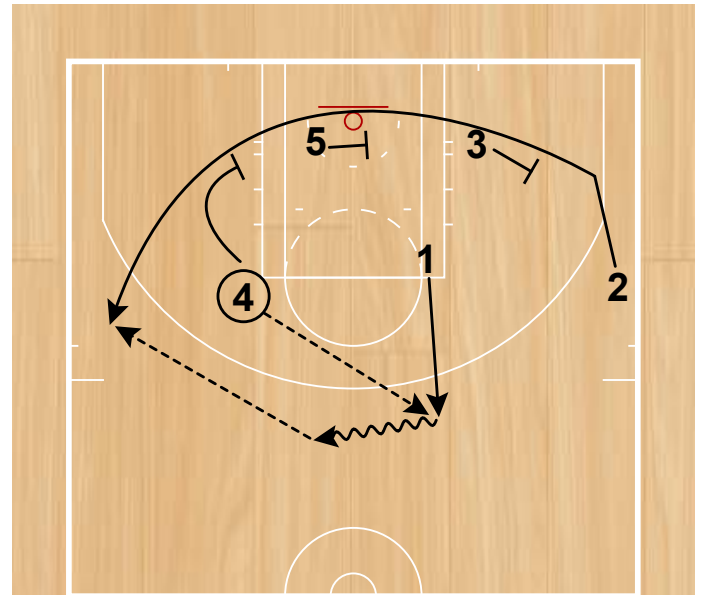
# Tom Izzo Michigan State Playbook

Horns Rub Trips  
Horns



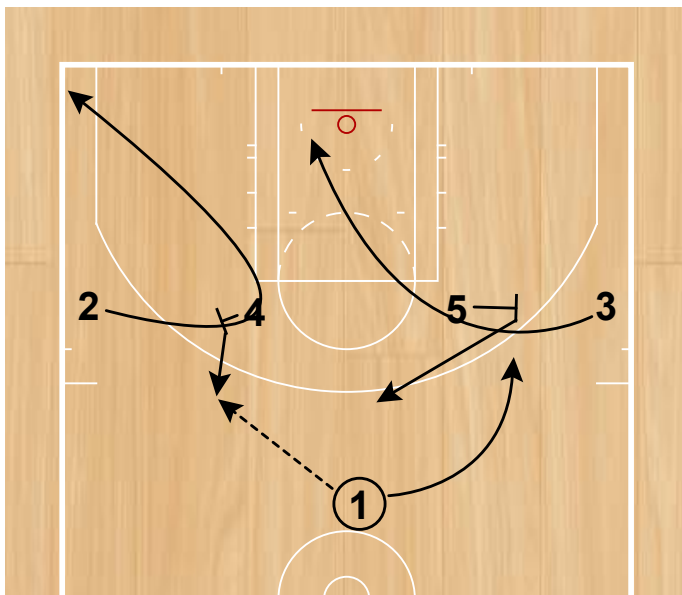
1 passes to 4 and rub screens for 5.

Horns Rub Trips  
Horns



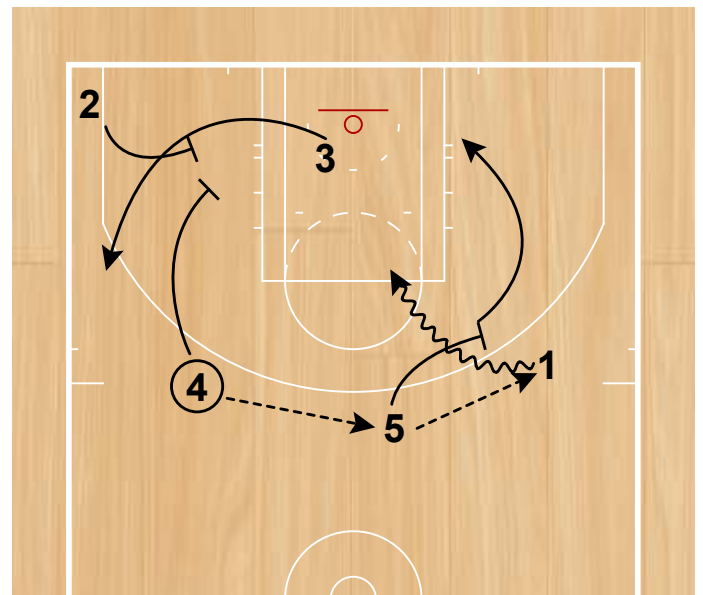
2 cuts off triple screen for a shot.

Horns Shuffle  
Horns



3 cuts off 5, 5 opens up.  
1 passes to 5. 2 cuts off 4.

Horns Shuffle  
Horns



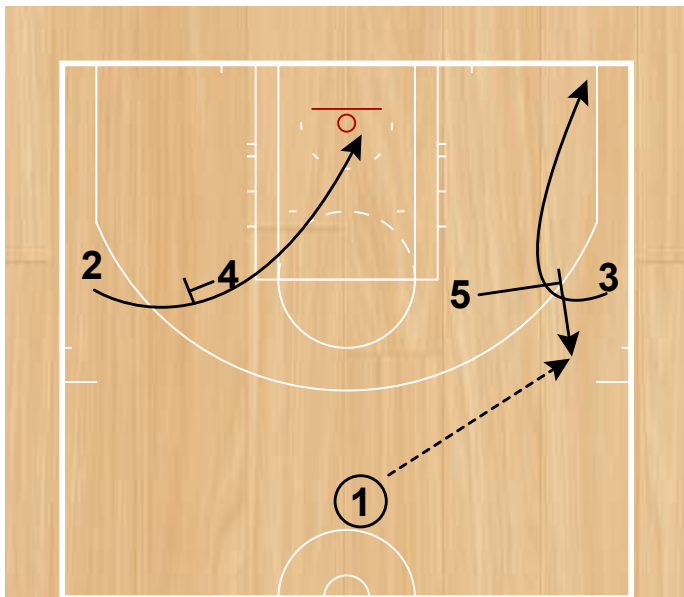
1 comes off ballscreen from 5 and 3 cuts off double screen from 4.





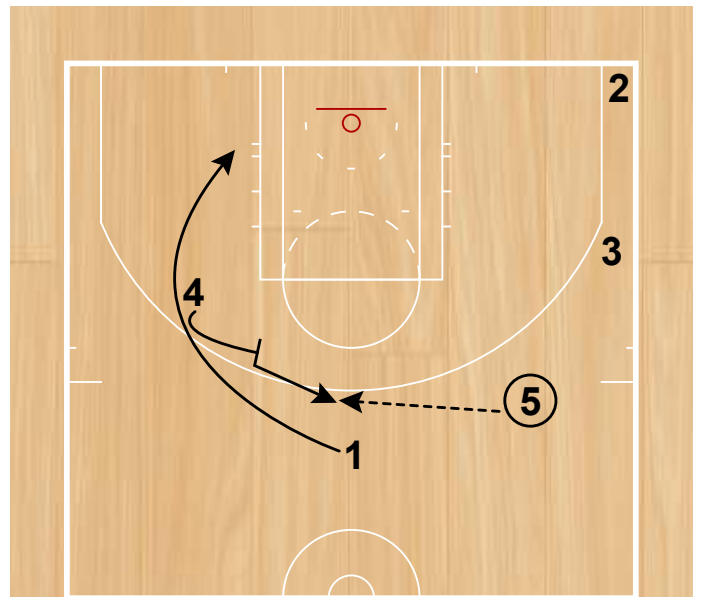
# Tom Izzo Michigan State Playbook

Horns Shuffle  
Horns



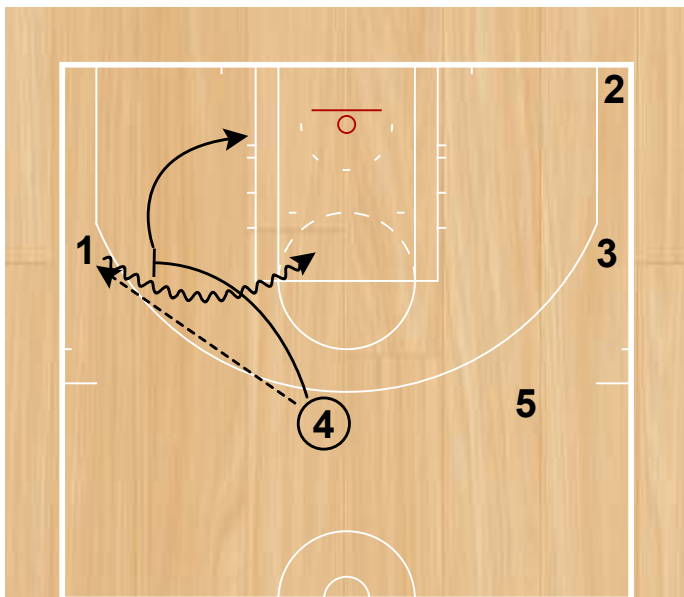
3 cuts off 5, 5 opens up.  
1 passes to 5. 2 cuts off 4.

Horns Shuffle  
Horns



4 sets backscreen for 1.  
5 passes to 4 who opens up.

Horns Shuffle  
Horns

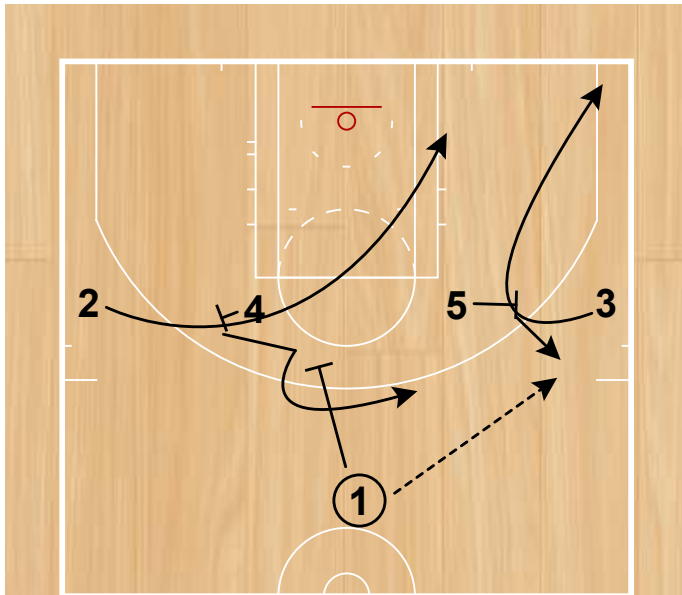


4 reverses and follows into ballscreen for 1.



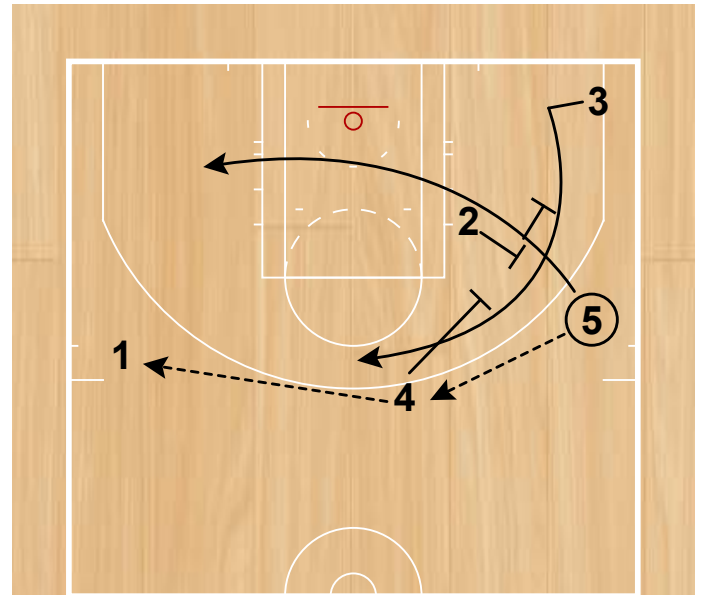
# Tom Izzo Michigan State Playbook

Horns Shuffle Stagger  
Horns



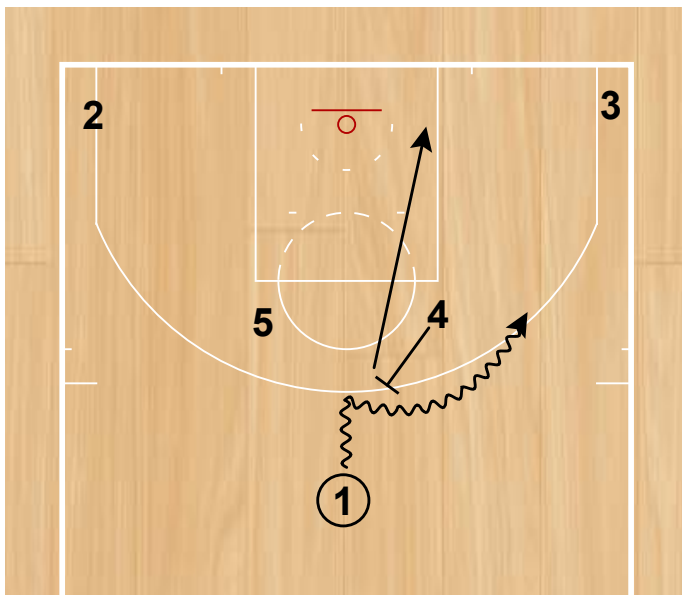
3 cuts off 5, 5 opens up.  
1 passes to 5. 2 cuts off 4.

Horns Shuffle Stagger  
Horns



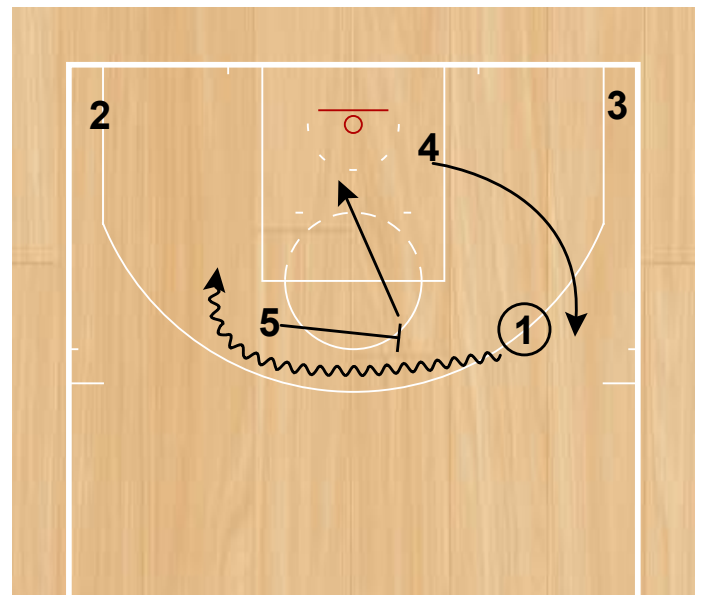
2 sets slice screen for 5 and 2 & 4 set stagger screen for 3.

Horns Twist  
Horns



1 comes off ballscreen from 4.

Horns Twist  
Horns

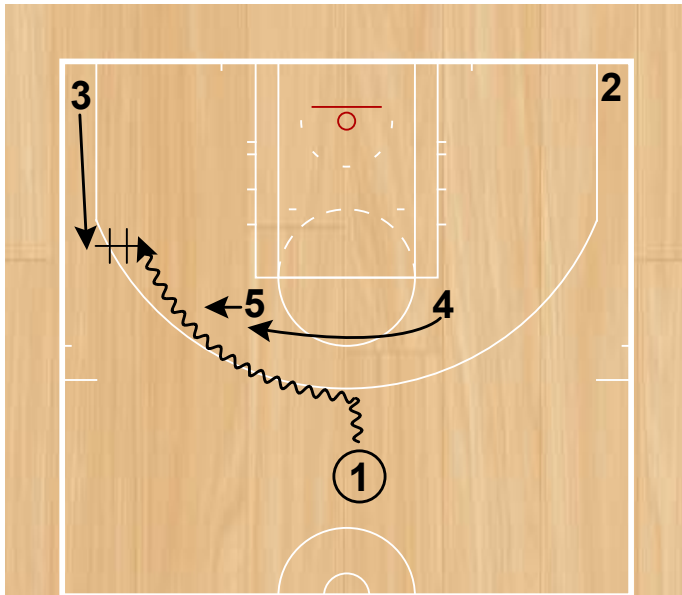


1 comes off rescreen from 5.

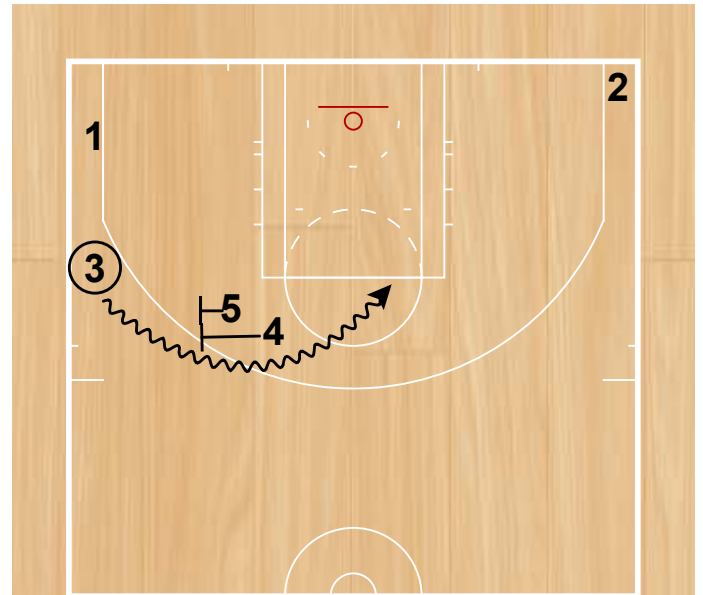


# Tom Izzo Michigan State Playbook

Mix Double  
Early Offense

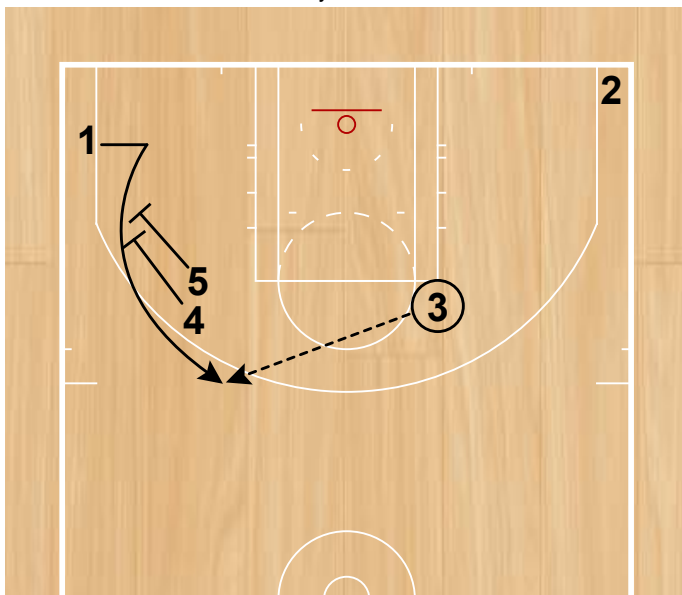


Mix Double  
Early Offense

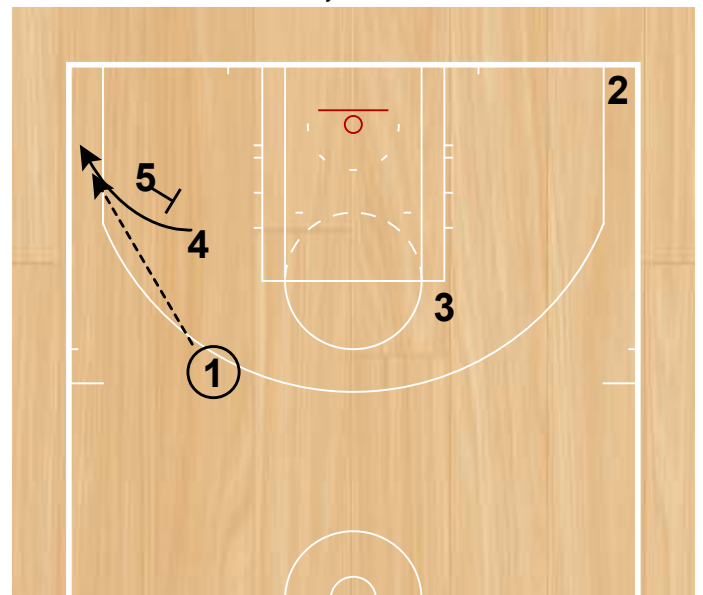


1 hands off to 3 who attacks off double ballscreen from 4 & 5.

Mix Double  
Early Offense

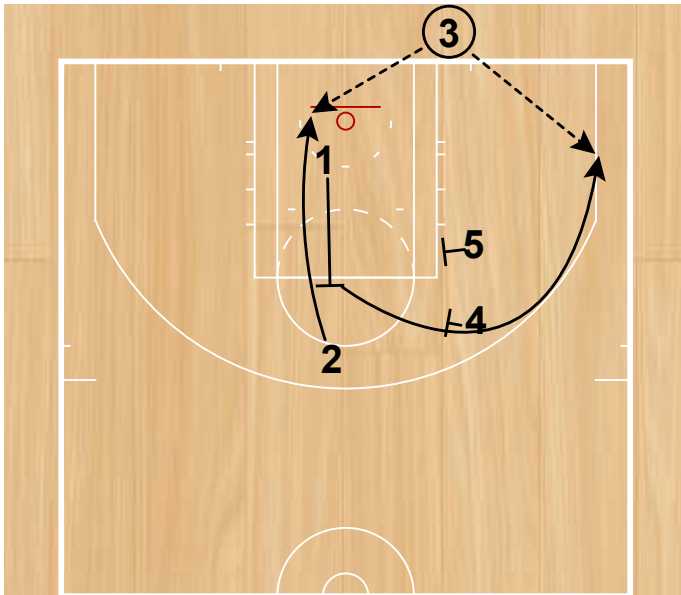


Mix Double  
Early Offense



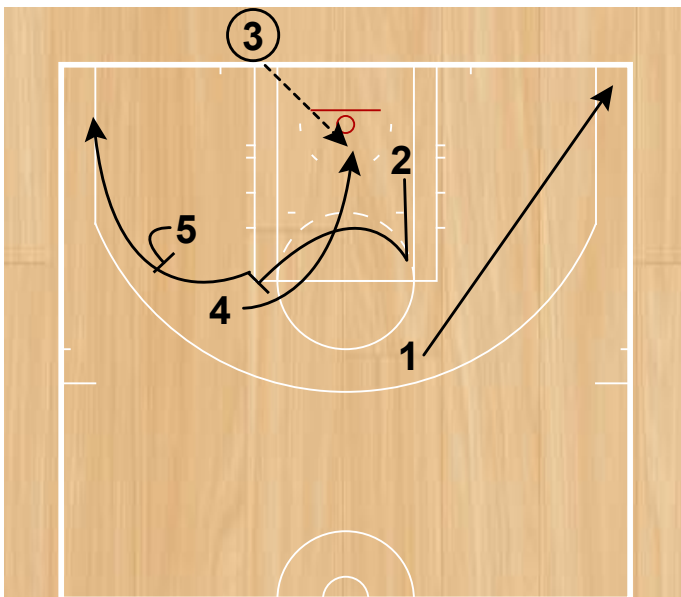
# Tom Izzo Michigan State Playbook

Atlanta  
BLOB



1 sets backscreen for 2 and then cuts off double screen from 4 & 5. 3 reads the defense and chooses best option.

Atlanta Counter  
BLOB

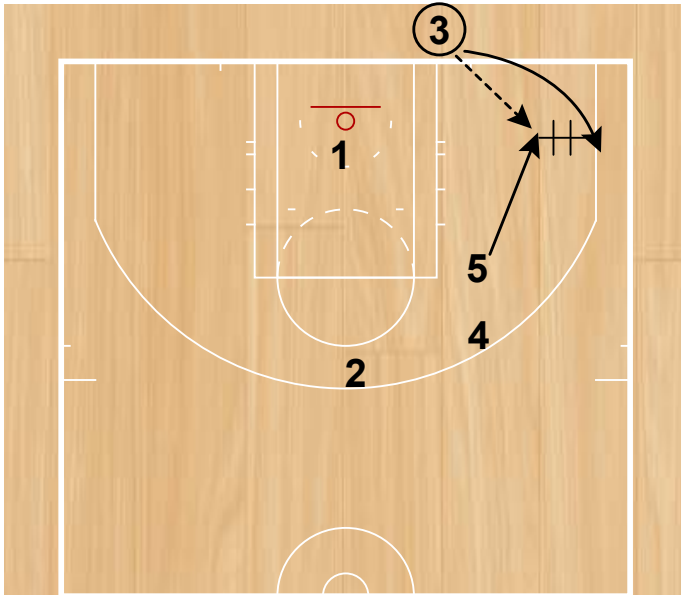


Instead of screening up for 1, 2 fakes it and screens for 4 and then comes off screen from 5. 3 reads the defense and looks for best option.



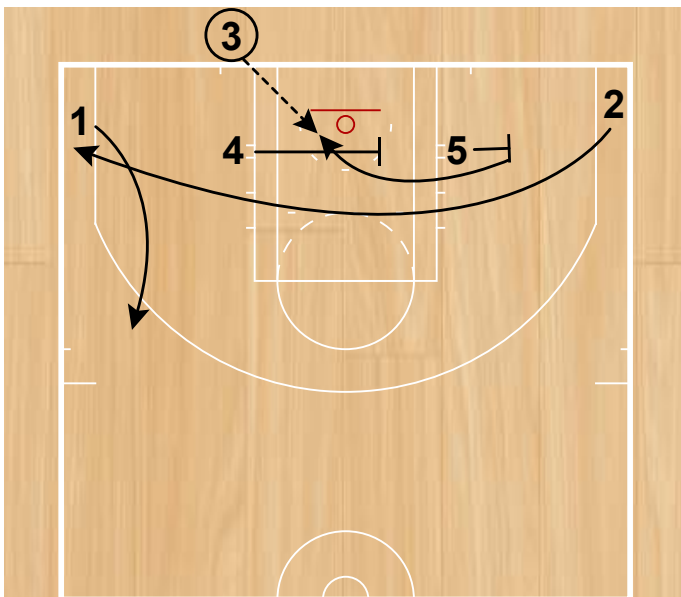
# Tom Izzo Michigan State Playbook

Give Back (Soft D)  
BLOB



If defender is sagging off of 3 he inbounds it quickly and gives it back to 3 for a quick shot.

Lob  
BLOB

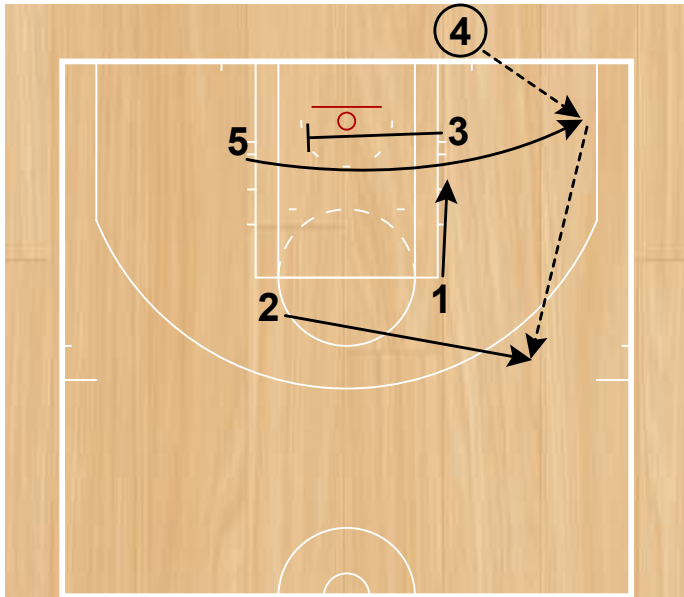


5 & 4 screen across for 2. 5 then turns and comes off screen from 4 for a lob.



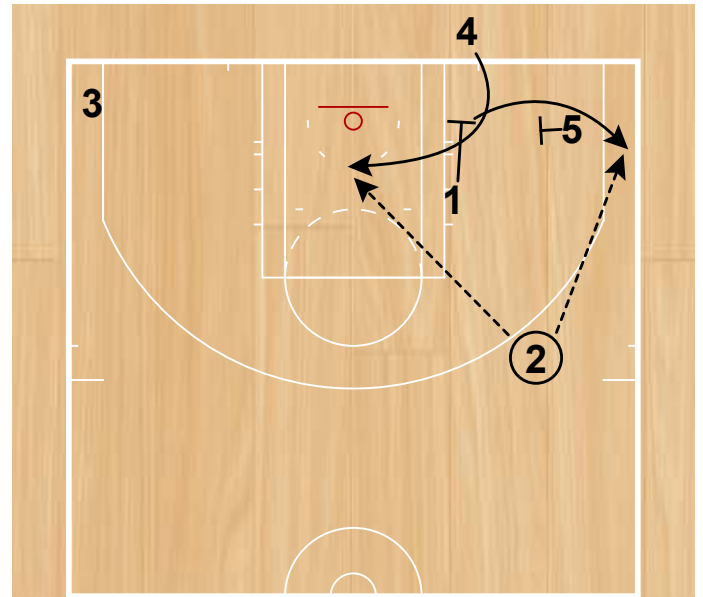
# Tom Izzo Michigan State Playbook

Down  
BLOB



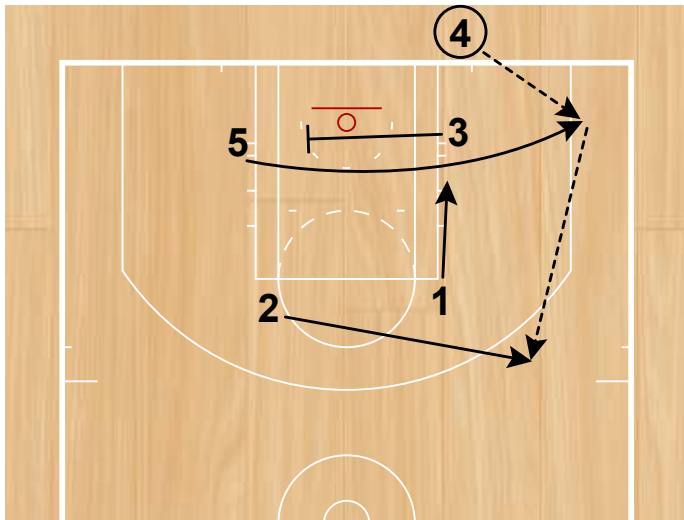
3 screens across for 5, 2 cuts to the wing.  
4 passes to 5 who passes to 2.

Down  
BLOB



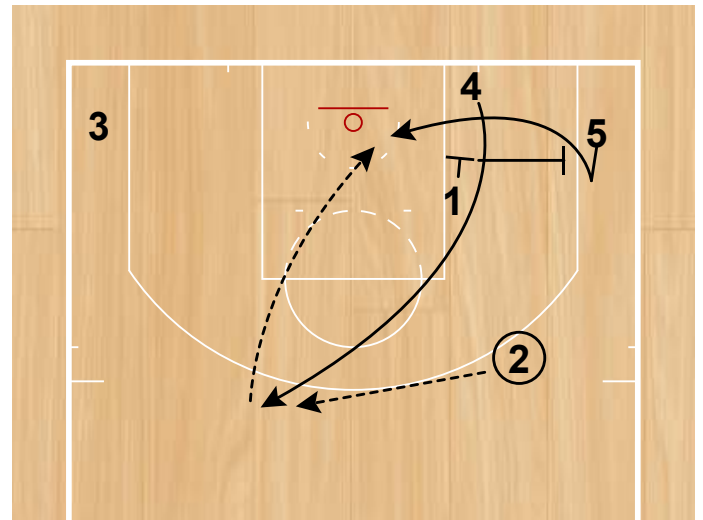
1 screens down for 4 and then comes off down screen from 5.

Down (Lob)  
BLOB



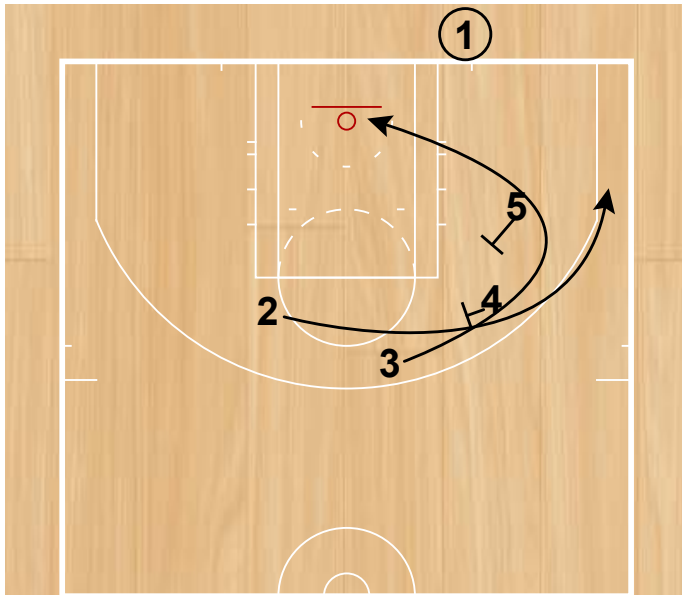
3 screens across for 5, 2 cuts to the wing.  
4 passes to 5 who passes to 2.

Down (Lob)  
BLOB



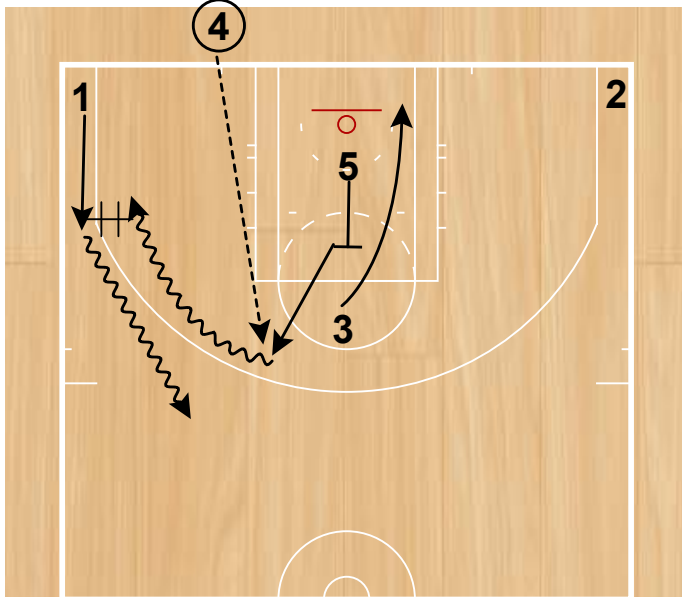
# Tom Izzo Michigan State Playbook

Pinwheel  
BLOB



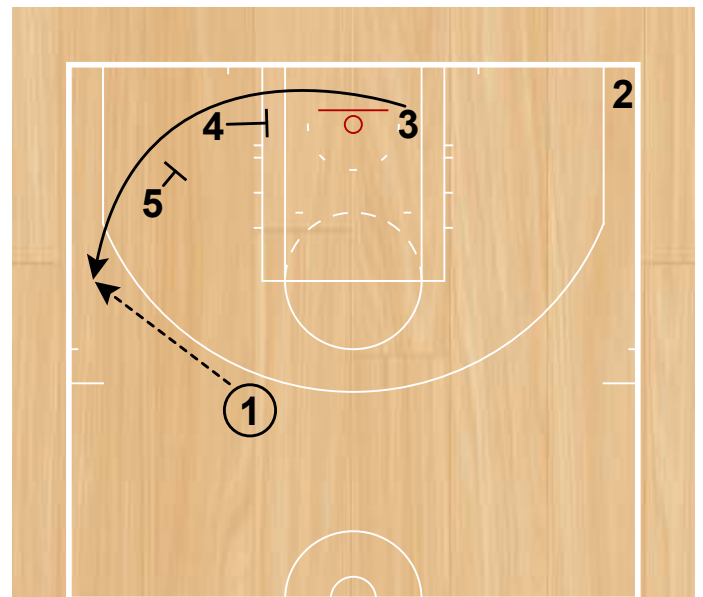
3 comes off screen from 4 & 5.  
2 cuts off screen from 4 & 5.

Wizard Stagger  
BLOB



5 screens up for 3.  
5 opens up and receives pass from 4.  
5 hands off to 1 on the wing.

Wizard Stagger  
BLOB

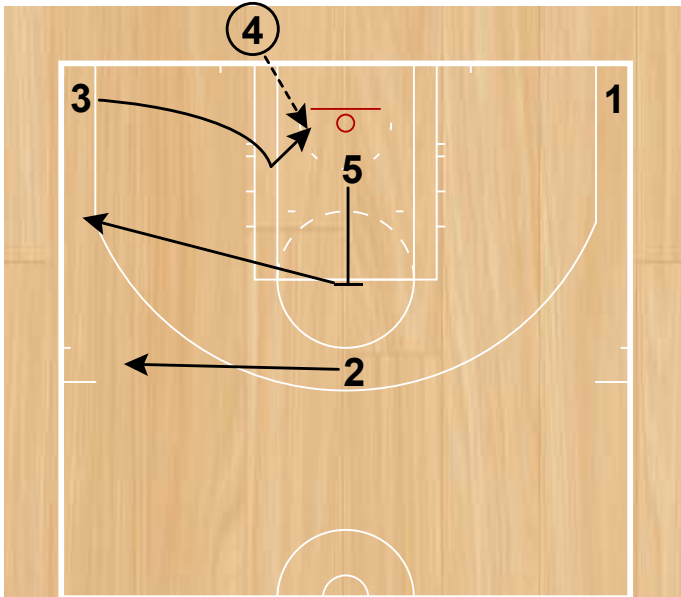


3 cuts off double screen from 4 & 5.



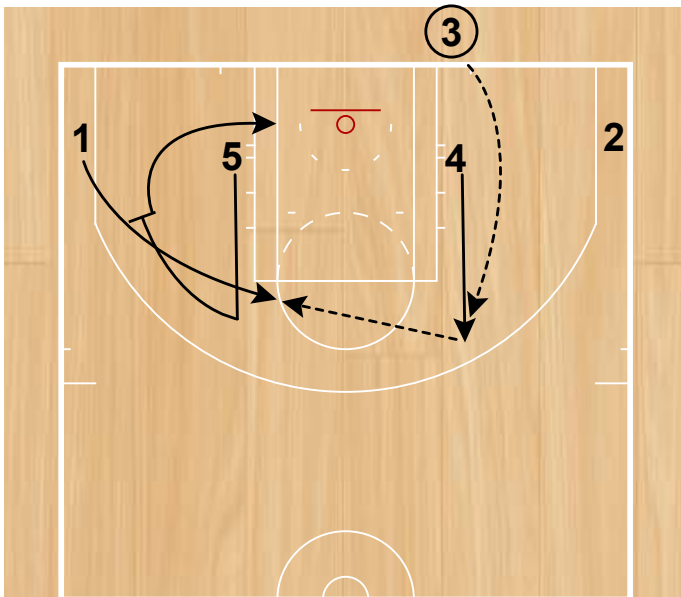
# Tom Izzo Michigan State Playbook

3 Sit (Wizard Counter)  
BLOB



Normally looking for 5 to open up, 3 dives in to the post to seal his man looking for quick post up.

Pindown  
BLOB



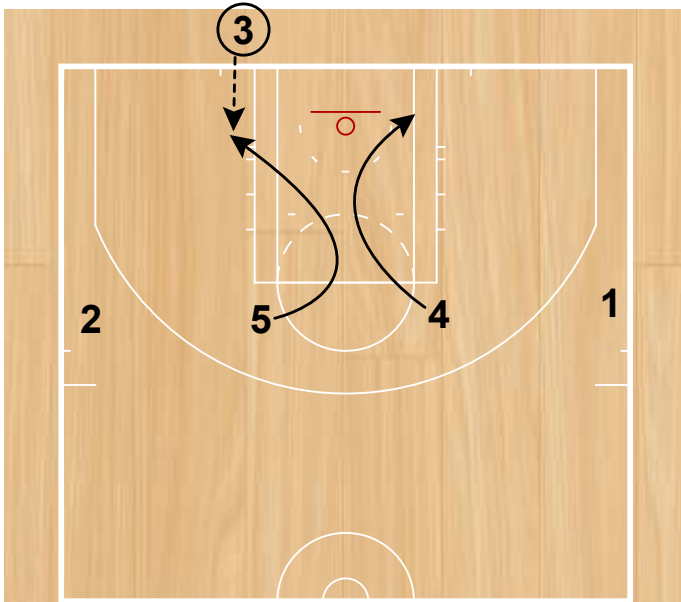
4 pops, 5 pops. 3 passes to 4.  
5 turns and sets pindown for 1.





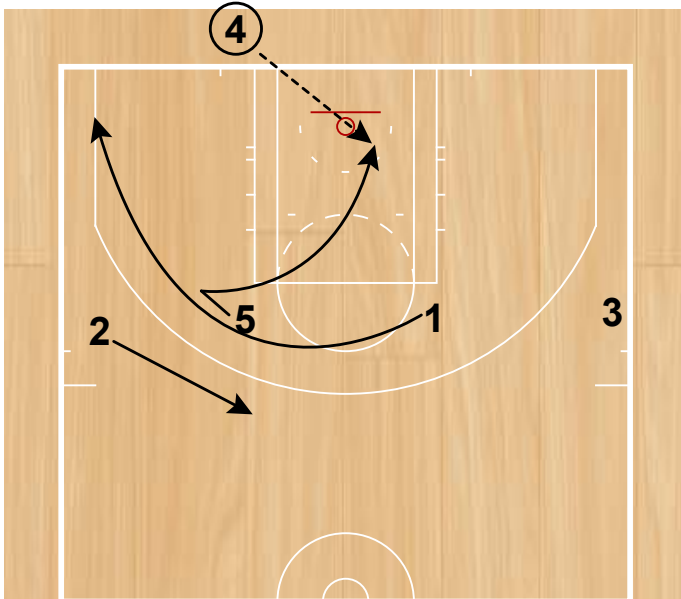
# Tom Izzo Michigan State Playbook

Punch (Post Up)  
BLOB



5 and 4 dive down into the post and look to seal.

Punch Quick (Overplay)  
BLOB

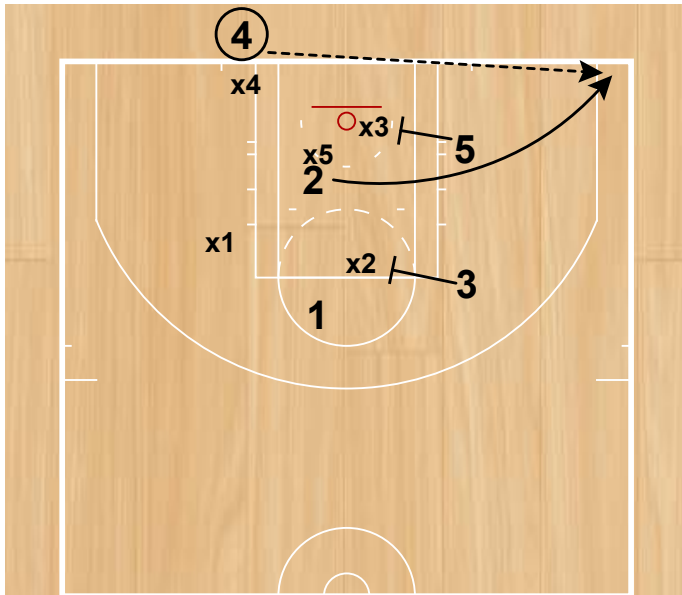


5 fakes diving down and cuts to the post looking to seal.



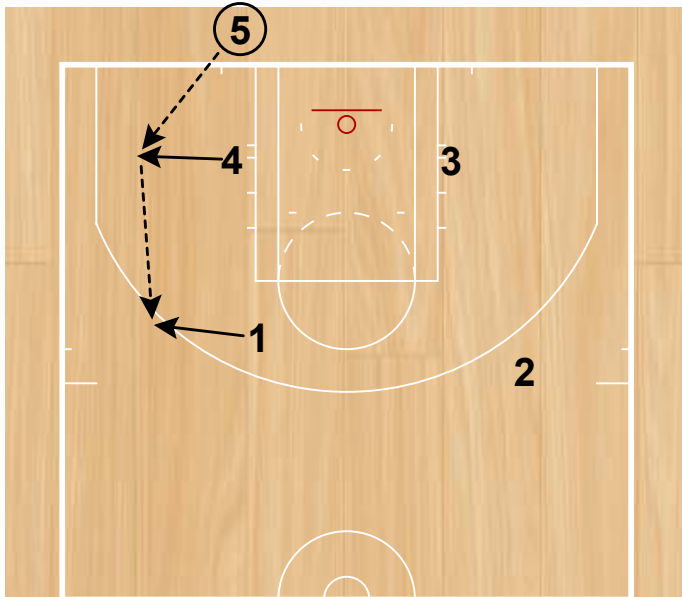
# Tom Izzo Michigan State Playbook

Flares (vs 2-3)  
BLOB



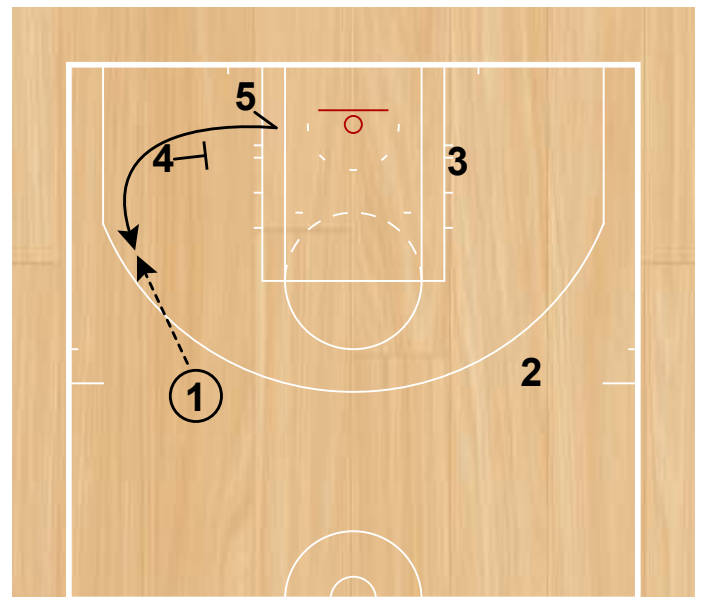
vs 2-3 zone, x2 and x3 get sucked in on the weakside, 5 and 3 set flare screens for 2 weakside.

Hawks America  
BLOB



5 passes to 4 who passes to 1.

Hawks America  
BLOB



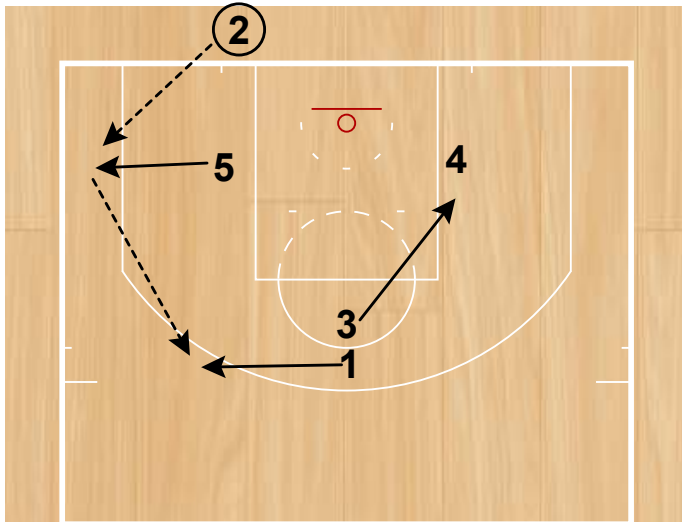
5 steps in and comes off screen from 4.

Set for a big man who can shoot.



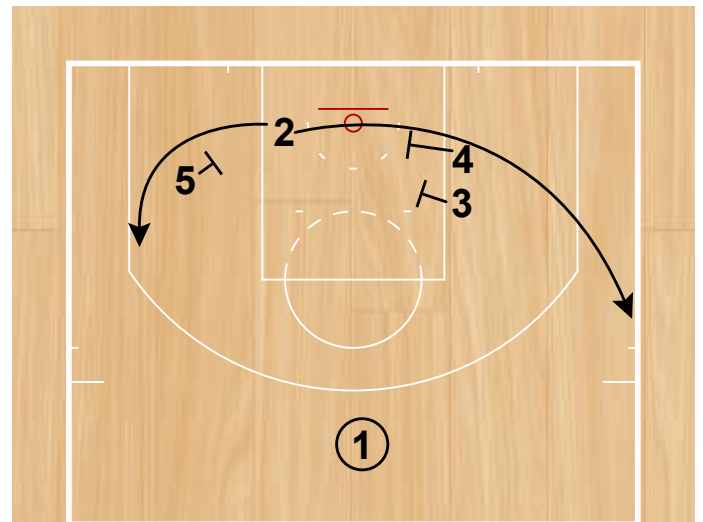
# Tom Izzo Michigan State Playbook

Special (Single)  
BLOB



5 pops. 2 passes to 5, 5 passes to 1. 3 dives down.

Special (Single)  
BLOB

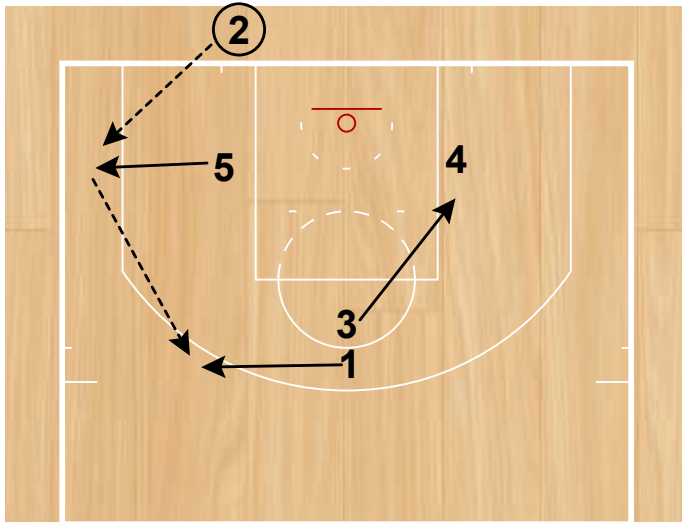


Floppy for 2.



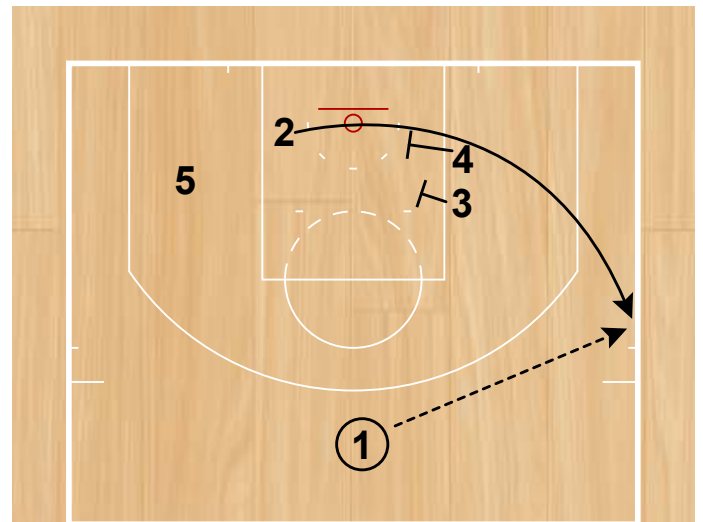
# Tom Izzo Michigan State Playbook

Special (Double Rip)  
BLOB



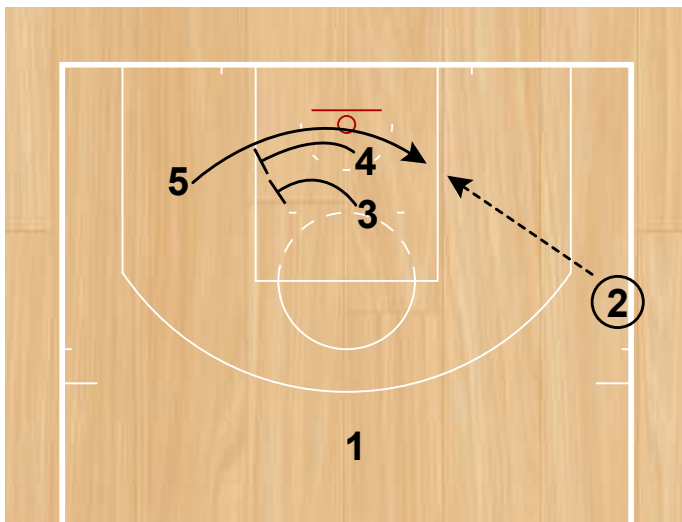
5 pops. 2 passes to 5, 5 passes to 1. 3 dives down.

Special (Double Rip)  
BLOB



2 cuts off double screen from 3 & 4. 1 passes to 2.

Special (Double Rip)  
BLOB

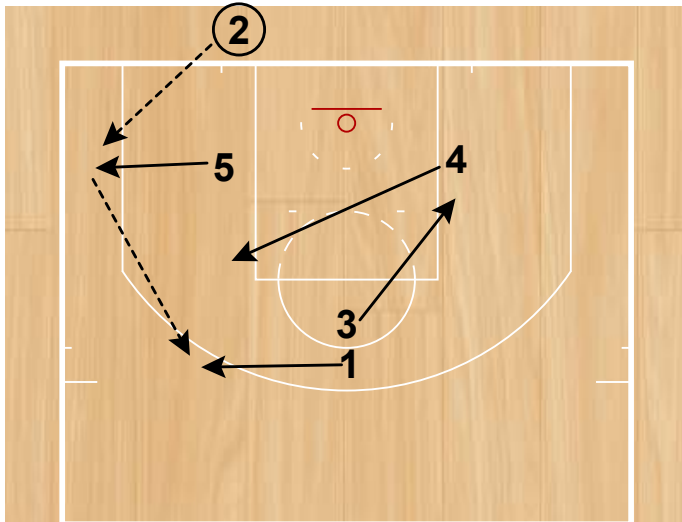


3 & 4 continue and set double rip screen for 5.



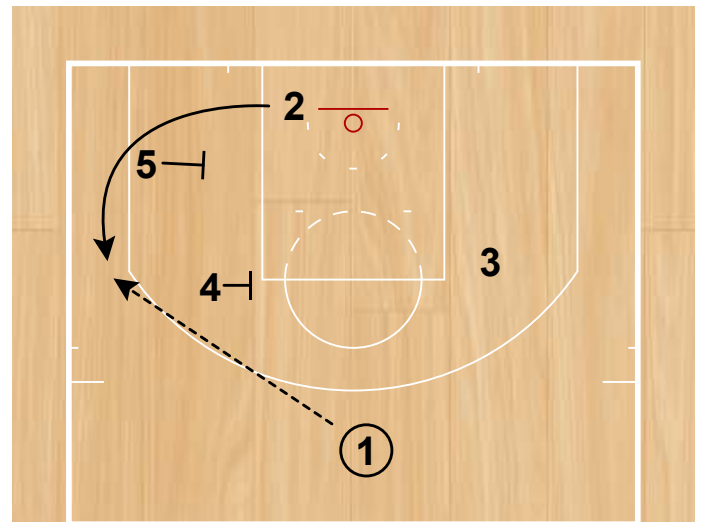
# Tom Izzo Michigan State Playbook

Special (Reverse)  
BLOB



5 pops. 2 passes to 5, 5 passes to 1. 3 dives down.

Special (Reverse)  
BLOB

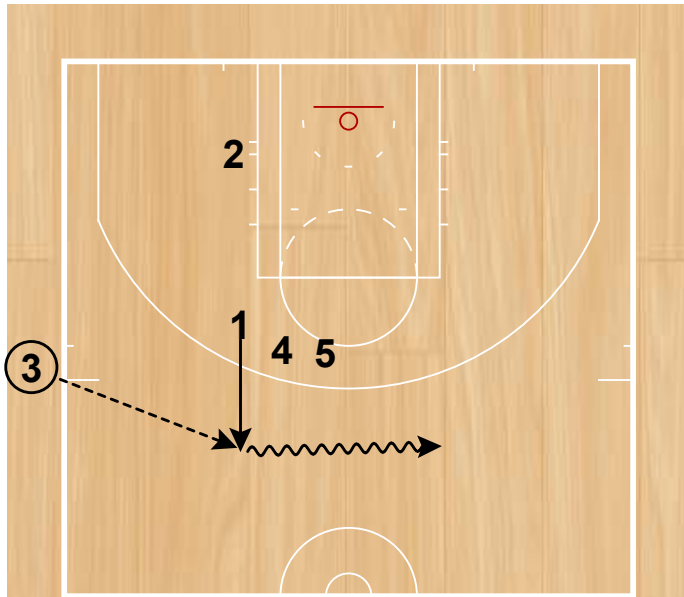


2 cuts off double screen from 4 & 5 vs zone.



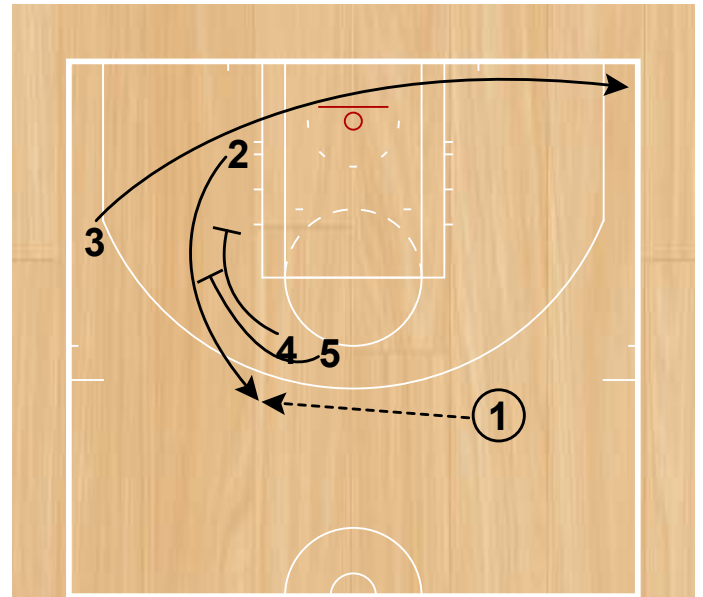
# Tom Izzo Michigan State Playbook

Double  
SLOB



1 cuts up, 3 passes to 1.

Double  
SLOB

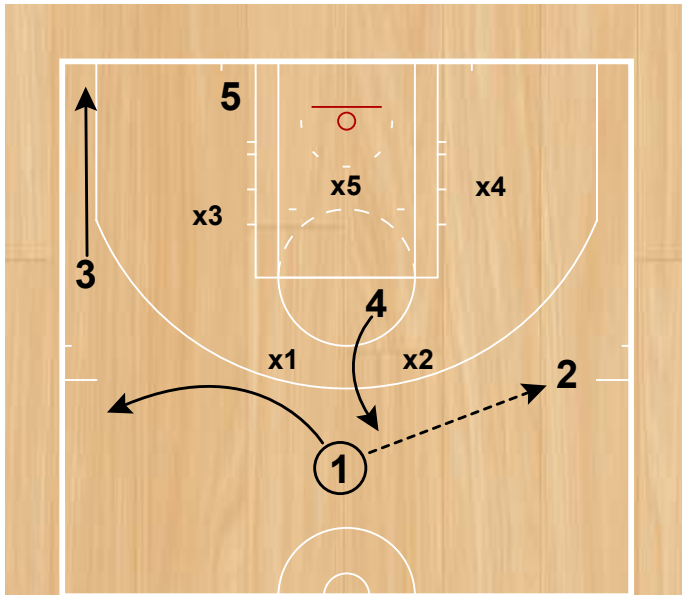


3 dives down, 2 hesitates and then cuts off stagger screen from 4 & 5.

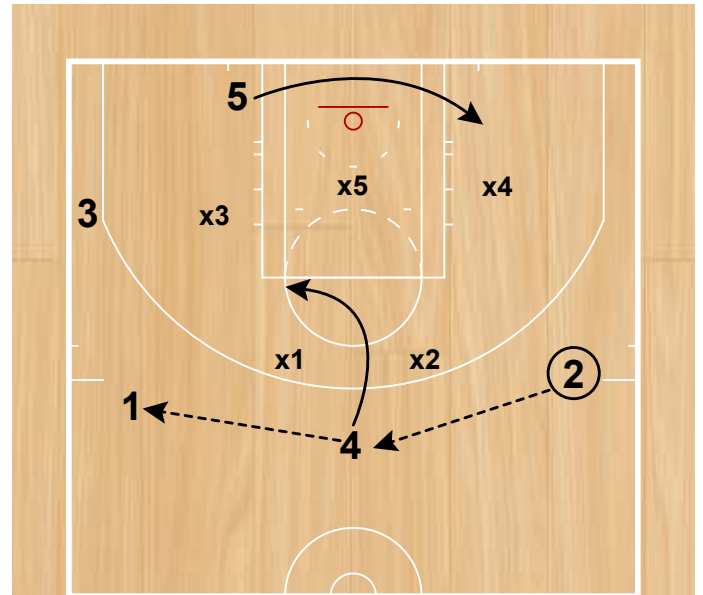


# Tom Izzo Michigan State Playbook

13  
Zone Offense

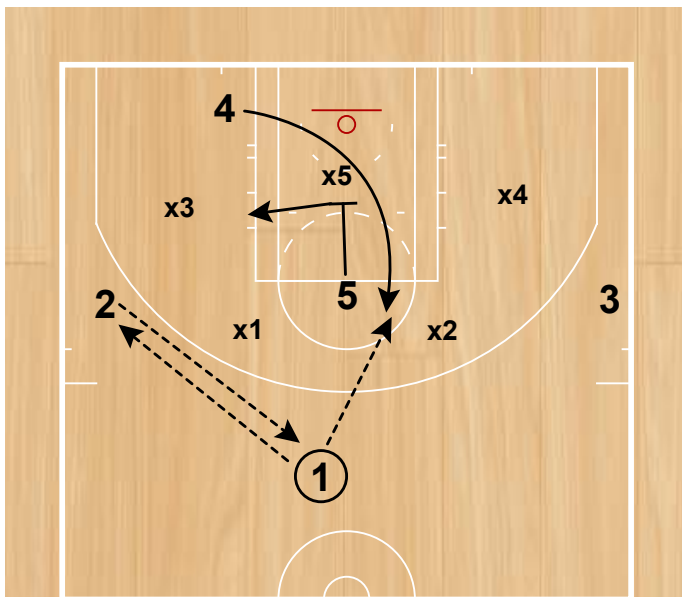


13  
Zone Offense



1 passes to 2 and clears, 4 cuts up. Basic principles of Zone O.

13 Down  
Zone Offense

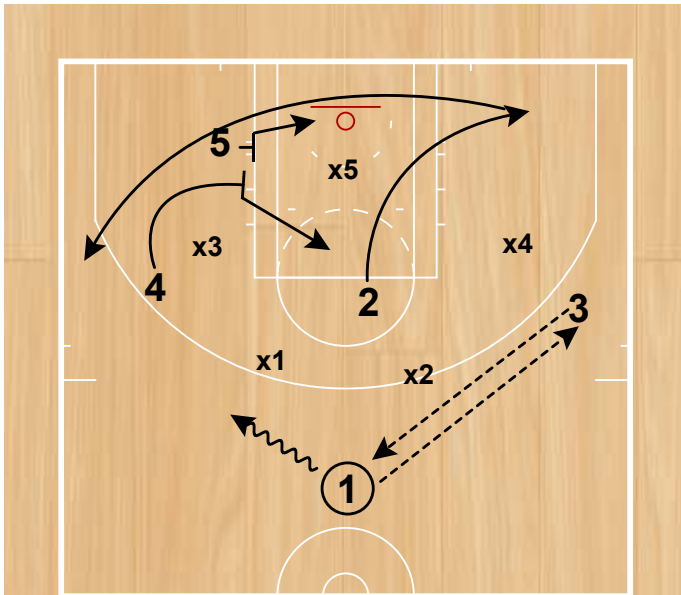


1 passes to 2 who passes back to 1.  
5 screens down in the middle of the zone and opens up.



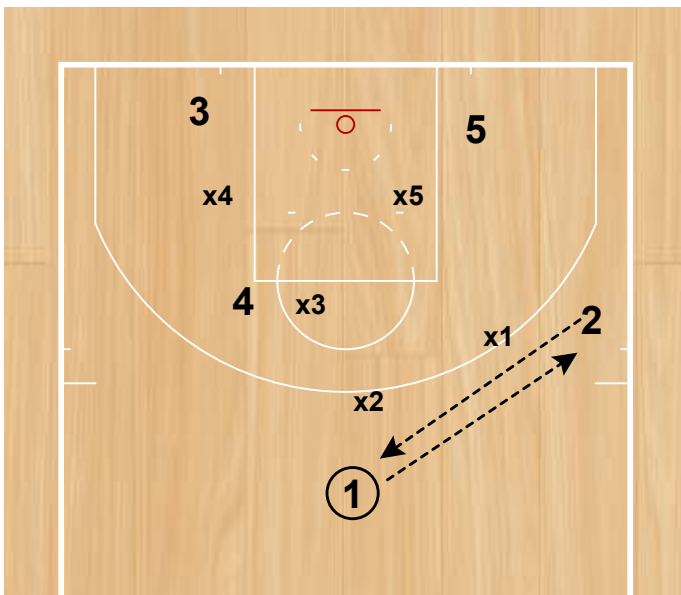
# Tom Izzo Michigan State Playbook

Double  
Zone Offense



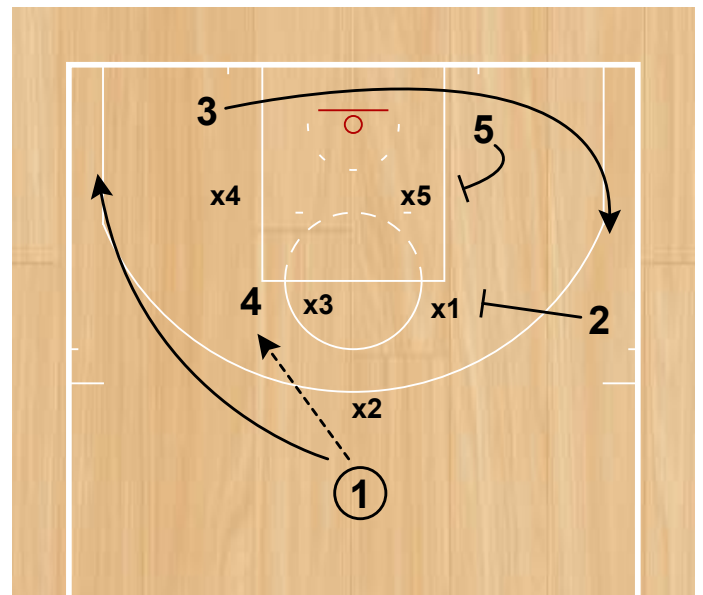
1 passes to 3 who passes back to 1.  
2 cuts to short corner and then off double screen from 4 & 5.

Double Flare  
Zone Offense



1 passes to 2 who passes back to 1.

Double Flare  
Zone Offense



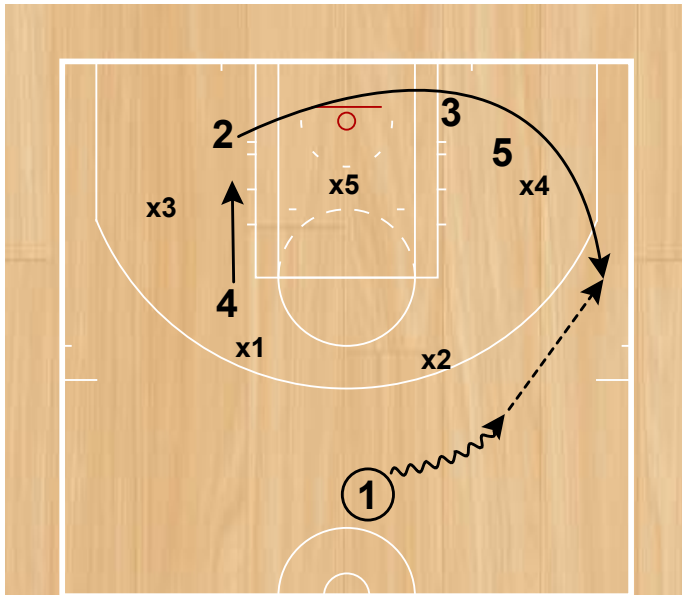
1 passes to 4 and cuts off him at the elbow. 2 & 5 set flare screens on x1 & x5 and 3 cuts underneath and to the wing. 4 has option to drive or pass to 3.





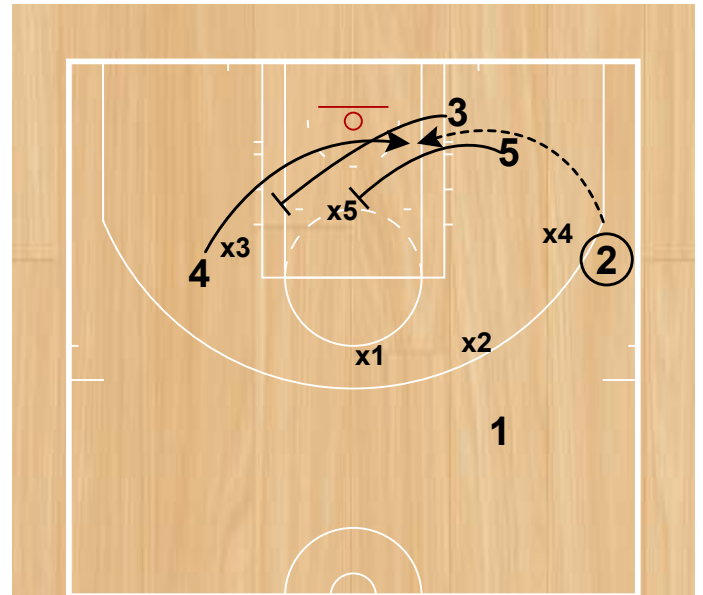
# Tom Izzo Michigan State Playbook

Double Rip  
Zone Offense



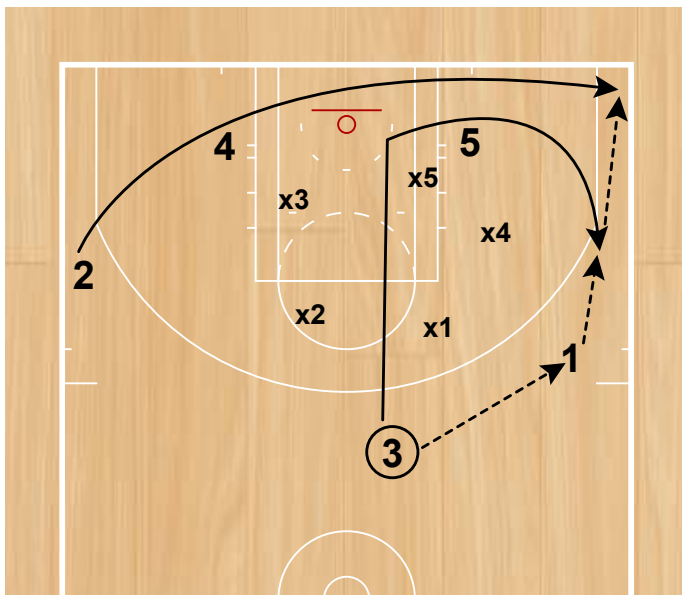
1 dribbles over and passes to 2.

Double Rip  
Zone Offense



3 & 5 set double rip screen for 4.

Overload  
Zone Offense

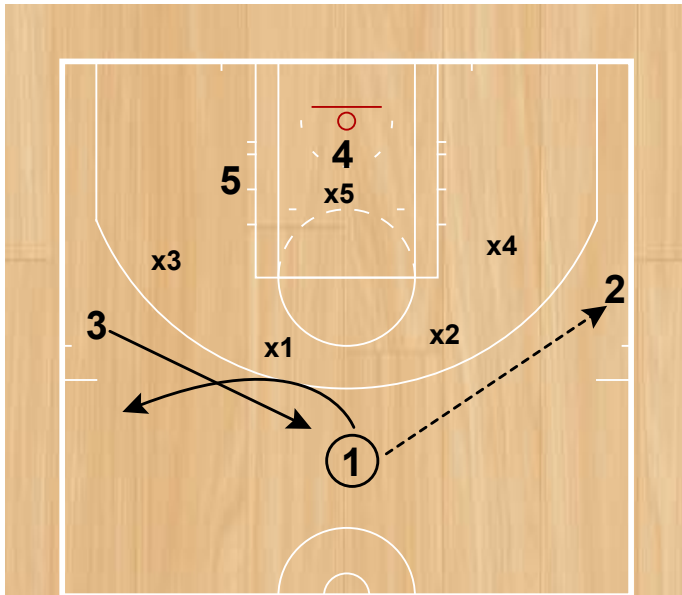


3 passes to 1. 3 & 2 cut to corner to overload zone.

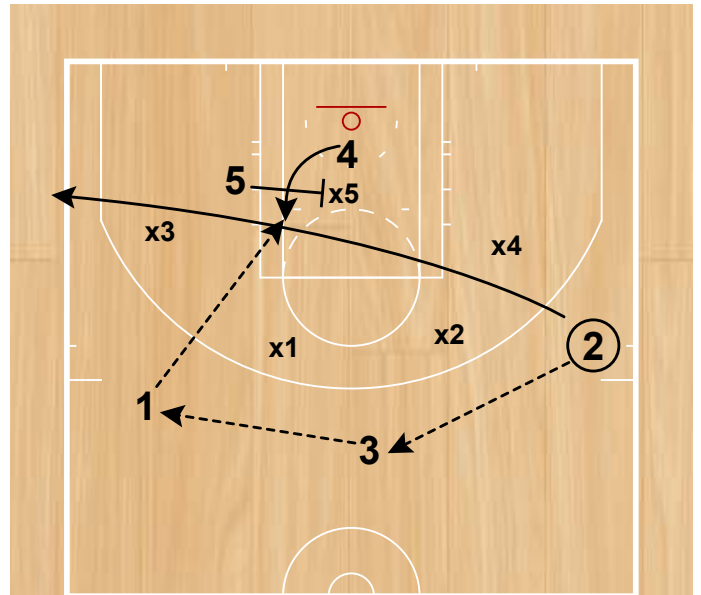


# Tom Izzo Michigan State Playbook

Ram  
Zone Offense

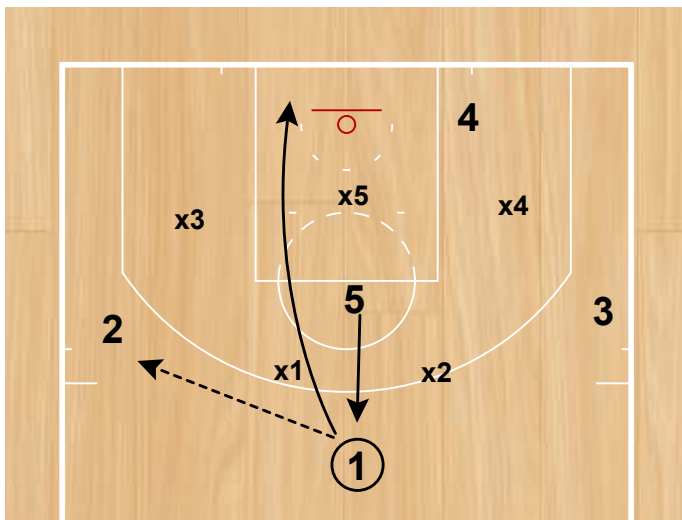


Ram  
Zone Offense

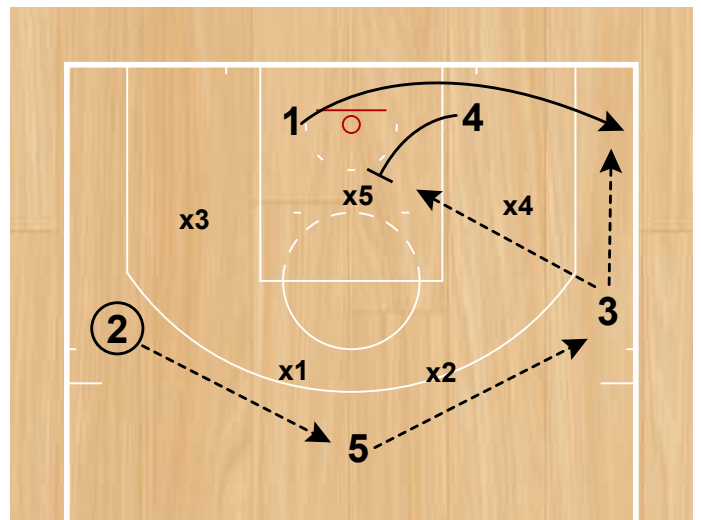


Baseline low screen for 4 to get a quick shot.

Regular  
Zone Offense



Regular  
Zone Offense

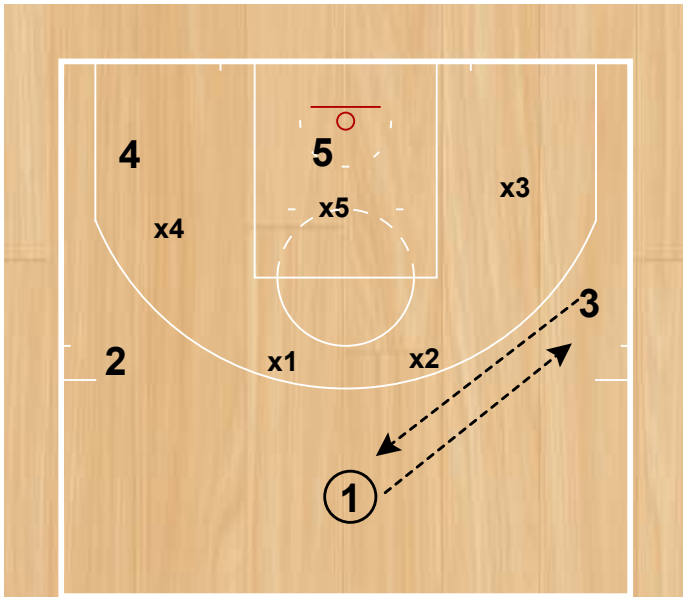


Normal Zone O



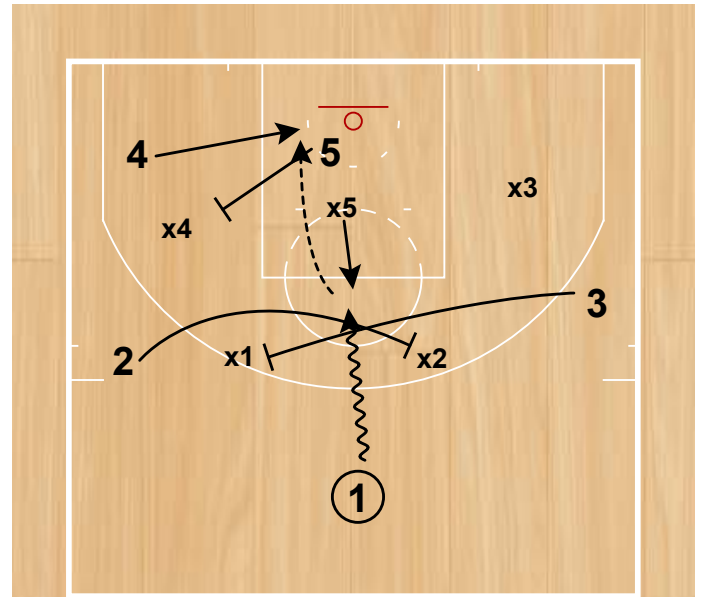
# Tom Izzo Michigan State Playbook

Zone Cross Lob  
Zone Offense



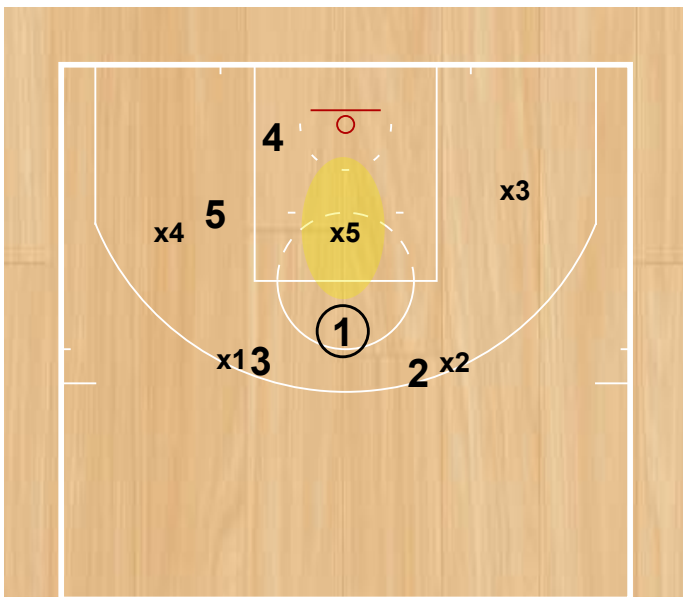
1 passes to 3, 3 passes back to 1.

Zone Cross Lob  
Zone Offense



2 & 3 cross under the top 2 zone defenders and screen off the opposite guard on the inside. 5 screens x4 and 4 dives to the rim for a lob. 1 passes to 4.

Zone Cross Lob  
Zone Offense

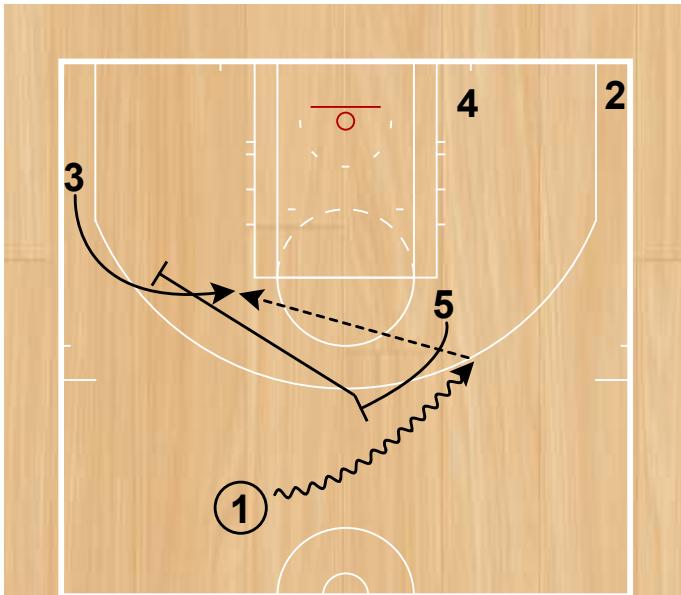


Key here is isolating x5 and drawing him towards 1 handling the ball to open up baseline for 4.



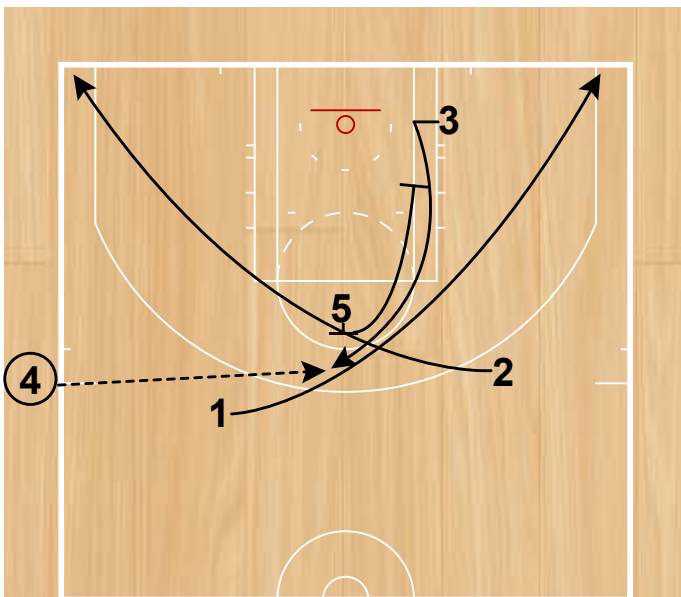
# Tom Izzo Michigan State Playbook

Fist Up Away  
End of Q/H/G



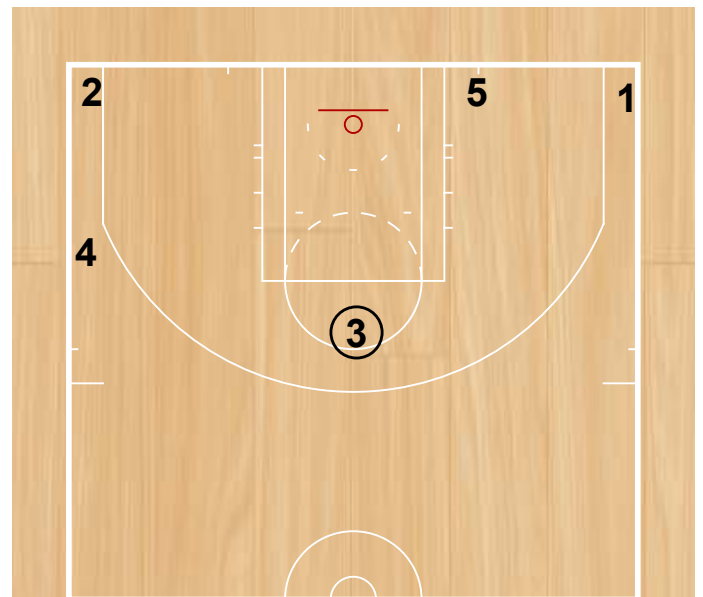
End of half 5 sets high ballscreen for 1 and then continues into pindown for 3.

Middle ISO  
End of Q/H/G



1 and 2 cut off of 5. 5 turns and sets pindown screen for 3.

Middle ISO  
End of Q/H/G

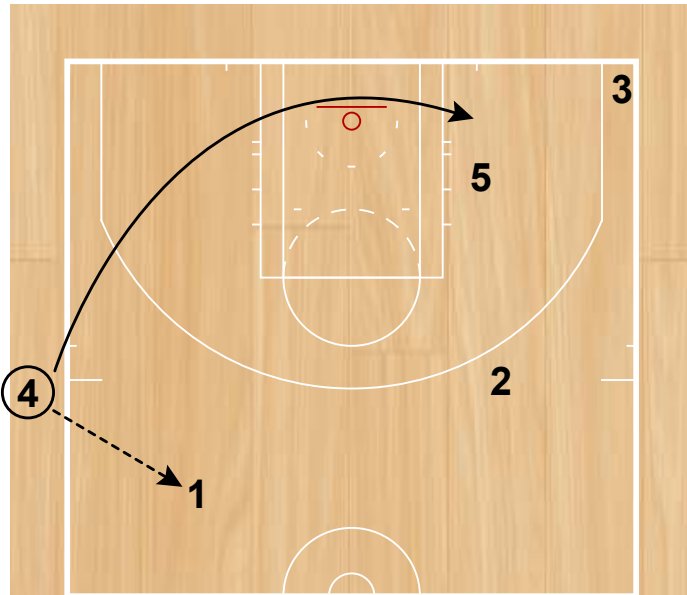


Middle ISO for 3.



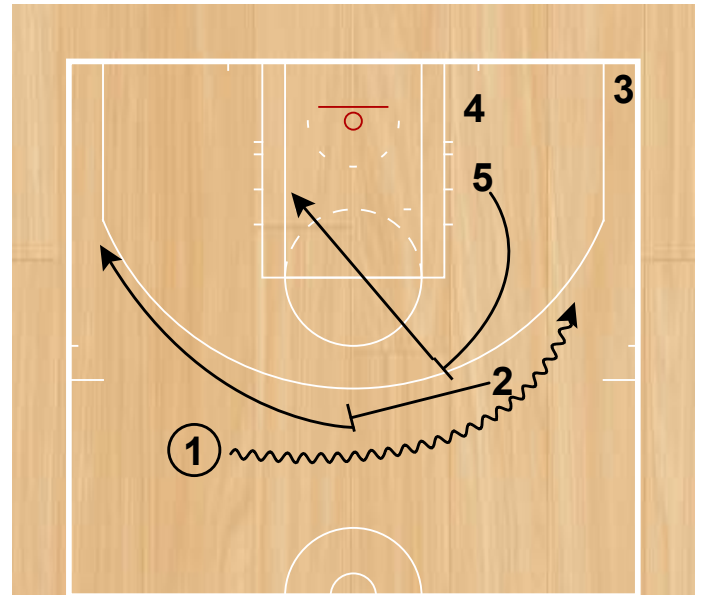
# Tom Izzo Michigan State Playbook

Need a 3  
End of Q/H/G



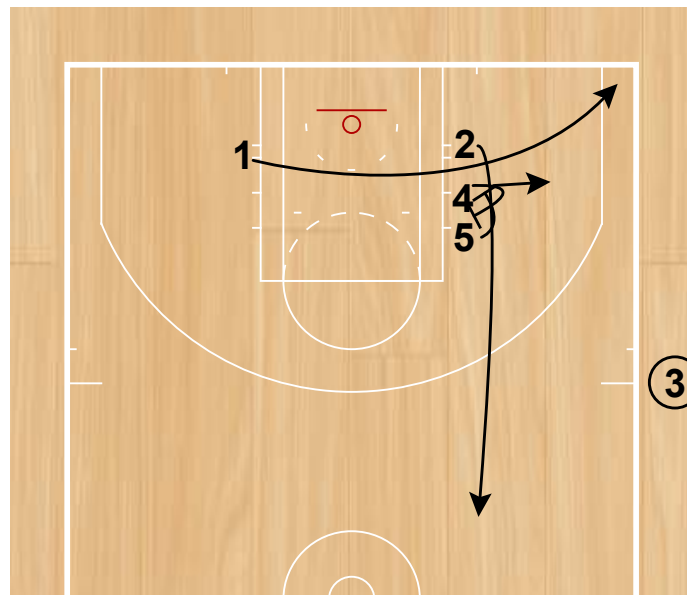
4 passes to 1 and clears.

Need a 3  
End of Q/H/G



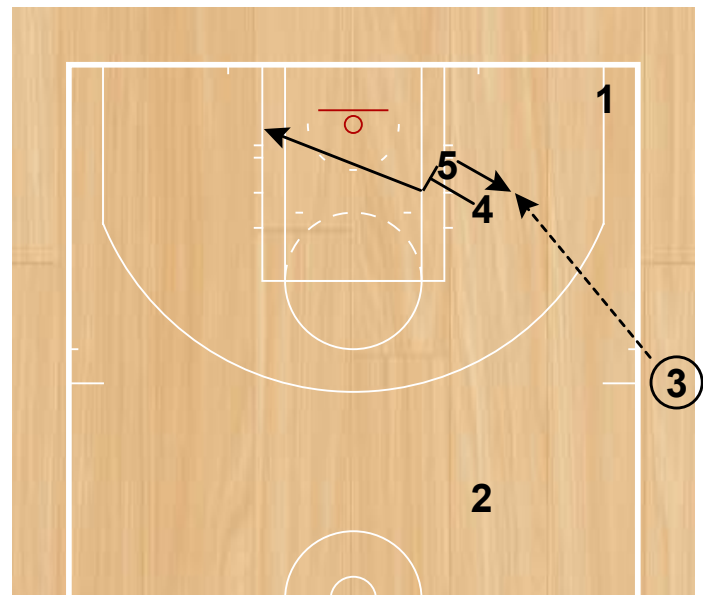
2 sets ballscreen and cuts to wing. 5 follows into ballscreen.

Seal  
End of Q/H/G



1 cuts to the corner.  
2 cuts off 4 & 5.  
4 curls off 5.

Seal  
End of Q/H/G

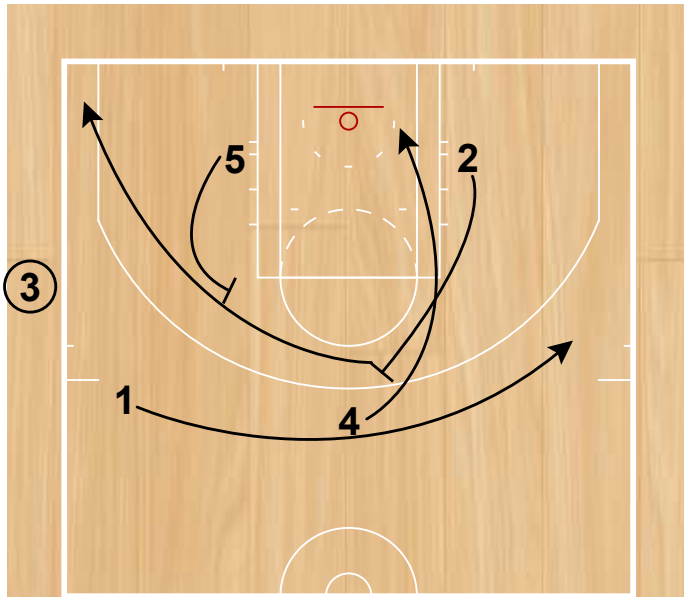


4 rubs 5 man, 5 seals.



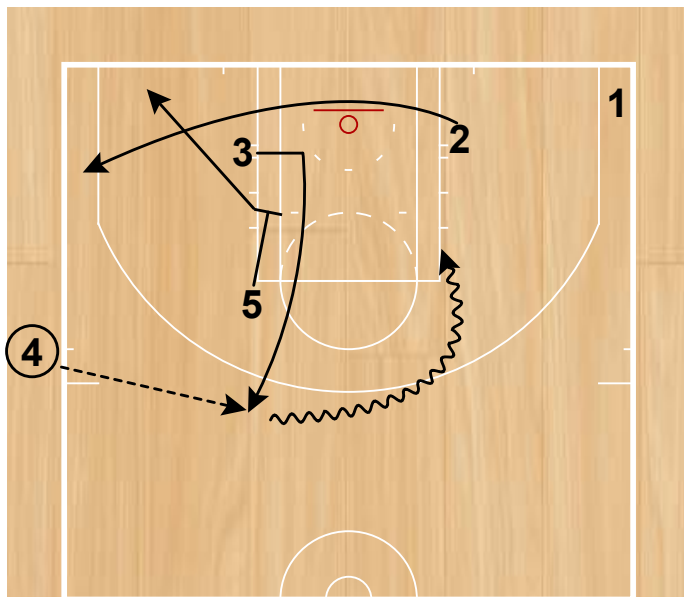
# Tom Izzo Michigan State Playbook

STS  
End of Q/H/G



2 sets backscreen for 4 and then cuts off screen from 5.

Zipper Go  
End of Q/H/G

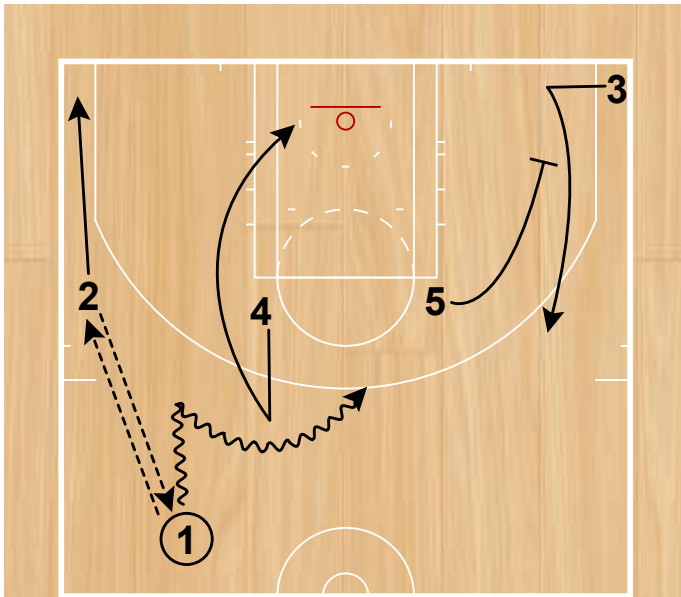


2 cuts off 3 to the corner.  
3 cuts off zipper screen from 5.  
4 passes to 3 who attacks.



# Tom Izzo Michigan State Playbook

EOH Slip  
After Time Out

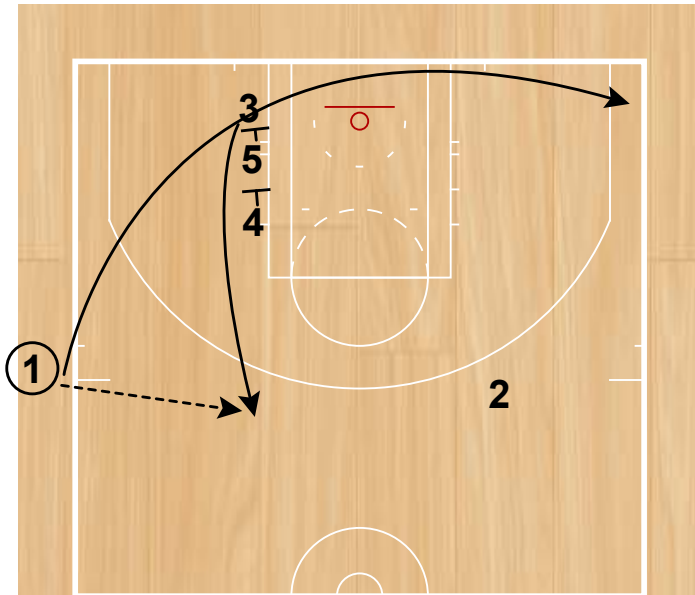


Normally at end of half, the 4 man sets a ballscreen for 1 and 5 screens away for 3. 4 slips to the rim looking for lob, 1 attacks.



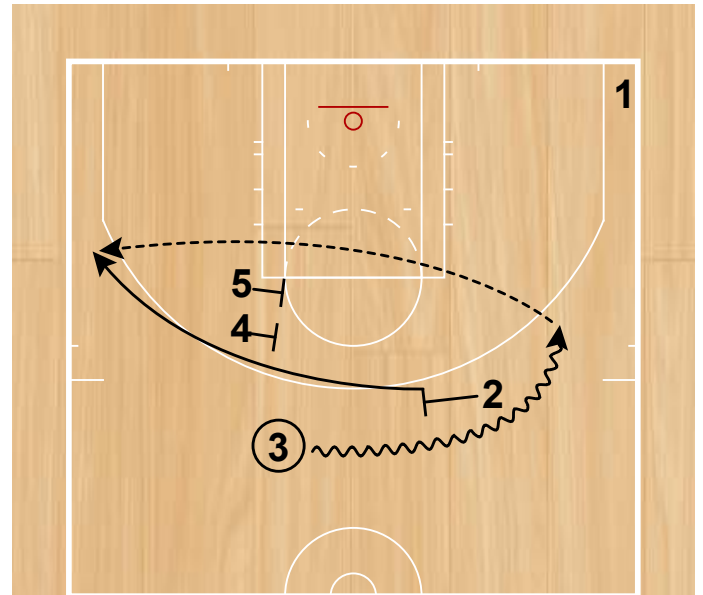
# Tom Izzo Michigan State Playbook

Double Flare  
After Time Out



3 zipper cuts off 4 & 5.  
1 passes to 3.

Double Flare  
After Time Out



2 sets ballscreen for 3 and then cuts off double flare screen from 4 & 5 looking for shot.

Set run at the end of games and half.





# Clinic Notes

- Have your staff take ownership
  - Study football staffs for examples
- On any Double Screens
  - Inside guy slips
  - Outside guy spaces
- Special Teams (Steals Points)
  - FT Shooting situations (win the battle)
  - Jump Balls (aggressive approach, plays)
  - BLOB's (win the battle, sprint to your spots)
  - SLOB's (sprint to your spots)
- \*Alert every minute on the court\*
- Rebound every day!

## Tom Izzo Defensive Anticipation

- Believes in playing man head up
  - The most important thing in man to man defense is to keep your body between your man and the basket
- On the ball
  - Shoulder to shoulder and feet to feet
  - Does not believe in dropping a foot and opening up to force a man left or right
  - Instead, stay squared up and split the man in half to force him one way
  - To force him left, split him with your right foot
  - To force him right, split him with your left foot
  - Pressure the ball with one hand, hand opposite the ball is down
  - Mirror the ball with the hand that is up
- Off the ball
  - Get in help position, not denial
  - Help defender should be one big step off the line of the ball (straight line between passer and receiver)
  - Step at the man to stop dribble penetration, as he starts to pick up his dribble release back to your man
- Move on the pass, not on the catch
- All 5 defenders should be moving on the pass
- On closeouts the feet should be moving, choppy steps to ball – not a jump stop
- Should be able to move from help to ball in 2 steps and from ball to help in 2 steps

## Rebounding Principles

1. In the Michigan State Basketball program, rebounding, without question is a top priority. From the season's' beginning until it's end, rebounding is a big point of emphasis each day throughout the entire duration of our practice sessions. Everything we do either begins or ends with the rebound or attempt to rebound the chance (made shot).
2. We coach rebounding on every shot taken in practice. One of our staff members and sometimes two assigned to coach rebounding only during practice. Which phase of rebounding he will coach is usually determined before practice and will change in accordance to what we are working on during a particular drill or scrimmage situation offensively or defensively.
3. Important point- we grade our players rebounding performance on effort not the number of rebounds they get in a game session.
  - Offensive rebounding-we chart the number of time a player makes an all-out effort to get to the offensive boards (attempts) against the number of chances he actually had to do to the boards. The percentage basis calculated by dividing the number of chances to go to boards into the number of times a player attempted to get to the boards.
  - We also do the same collectively as a team the same way.
  - Our is to be 90% or above in our effort.
  - We want to get back 50% or better of our missed shots

Defensive rebounding- we chart defensive rebounds in a similar manner except we calculate the number of chances to cutout (block out) by the number of time a player individually or our team collectively actually did cut out his offensive player when shot was taken.

- Our goal is 90 %
- We don't ever penalize a player for not making an unnecessary cut out (we actually discourage the unnecessary cut out.)

## **Offensive Rebounding**

1. At Michigan State we believe the misses shot is our best defensive play.
2. We tell our players to always assume the miss when the shot is taken either offensively or defensively.
  - We tell our players to pursue the ball (Al Anagonye)
  - Don't go to a back-avoid contact
  - Keep hands above the shoulders (don't get arms pen down)
  - IF you can't get the rebound try to tip it to someone else or keep the ball alive- get a hand on the ball or a finger-whatever-keep the ball alive- we do a better job of this than any team in the country (War Drill)

## I. Rebounding

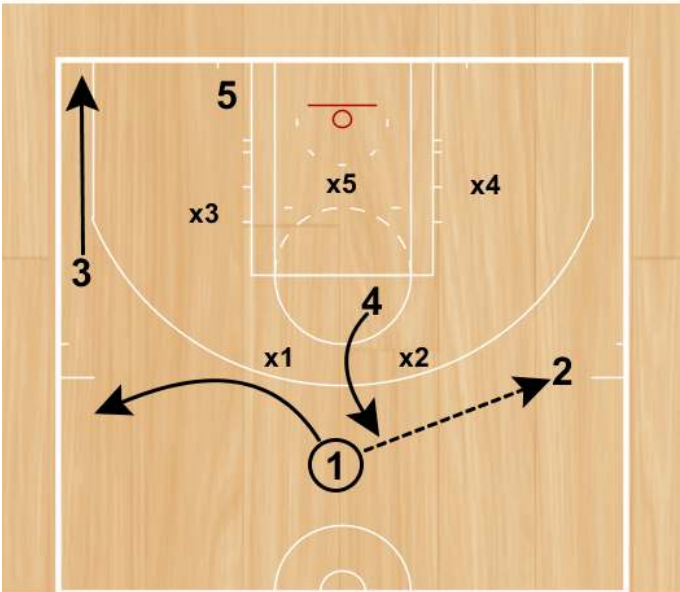
- a. Weight lifting is big part of rebounding
- b. Send 4 to the boards
  - Guys are constantly going (gives your players mental edge, keeps them aggressive)
  - PG goes back to halfcourt
  - If you send 4 and they don't get board you lose (players must fight for every board)
  - Forces other teams to adjust
- c. DRILL: 1 v 1 Rebounding—Block out drill
  - Coach throws ball at rim
  - Defense has to hit, find, and get the ball
  - No matter how much you block out the athlete will still get it
    1. Because of this we hit, find, and get
    2. Not waiting for ball to hit ground
- d. DRILL: 2 v 2 Rebounding—Block out drill
  - Same drill as above except 2 defenders and 2 offensive players
  - Working on hit, find, and get
  - Make sure players go after ball with 2 hands
    1. Grab ball above your head=good rebound
    2. Get aggressive (practicing hit, find, and get)
      - Coaching offensive and defensive rebounding at the same time
      - Offensive rebounder tries to get even footing with the defender
- e. DRILL: 5 v 5 War
  - Can do as a game, fastbreak, etc. à many variations to do it
  - No fouls-be aggressive
  - Defense starts under hoop, shot goes up they all find someone to hit, find, and get
  - Defense has got to make first contact outside the paint and then go get it
    1. (don't lunge at them, stay low & make contact)
    2. Low man usually wins
      - Play to 3; defense gets it they become offense—if offense gets rebound put it in for 1 point
- f. SUMMARY: Do those 3 drills religiously everyday (takes about 10 minutes)
  - Step in, hit them, and find ball immediately
  - Most basketball players don't enjoy contact—tougher team usually wins
  - Go after ball instead of letting it come to you
  - Players should be grabbing board around rim height

## II. Pass Defense

- a. Correlation between defense and rebounding
  - If you take away penetration, you get more boards because big guys don't worry about helping as much
- b. Izzo doesn't usually front post (guards high ball side  $\frac{3}{4}$ )
  - Once you front, takes away rebounding
  - Keep elbow in backside (chicken wing)—elbow behind, arm in front
- c. Man Philosophy
  - Pressure ball
  - 1 pass away—1 big step off direct line of pass
- 1. Stops penetration
- 2. Benefits rebounding
  - Always jump to ball
  - 1 hand always up on ball
  - Deny post (chicken wing)
  - Move on the pass not on the catch! —Once ball leaves person's hands
  - Weakside defenders: 2 feet in paint

# Zone Offense

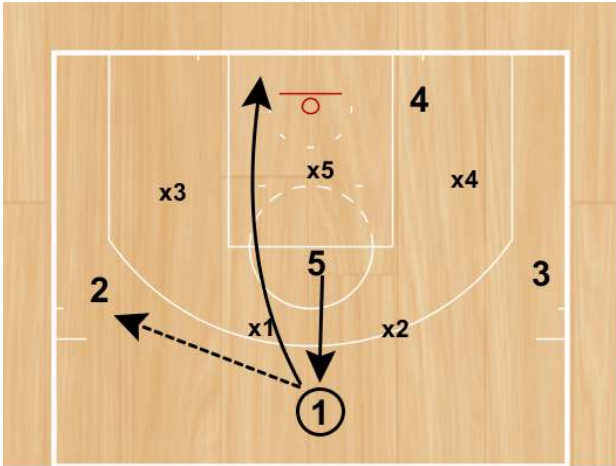
Zone Offense



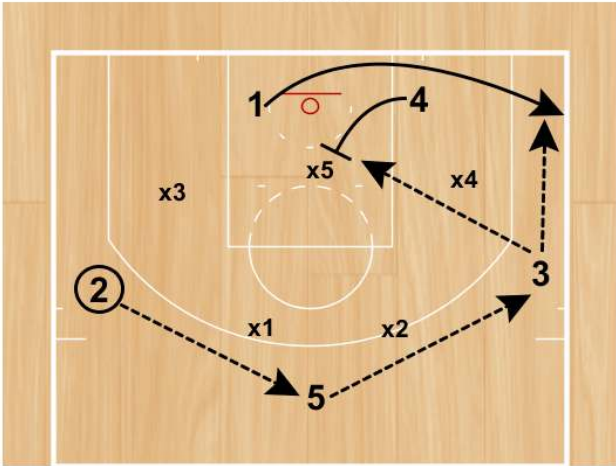
- Point Guard must offset after making pass.
- When ball goes high post, guards get to deep corners.
- It is ok to be unconventional.

## 1-3-1 Series (Regular, Special, Double)

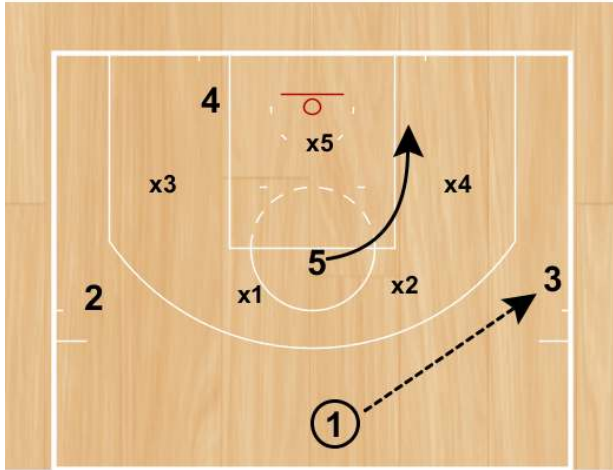
Regular  
Zone Offense



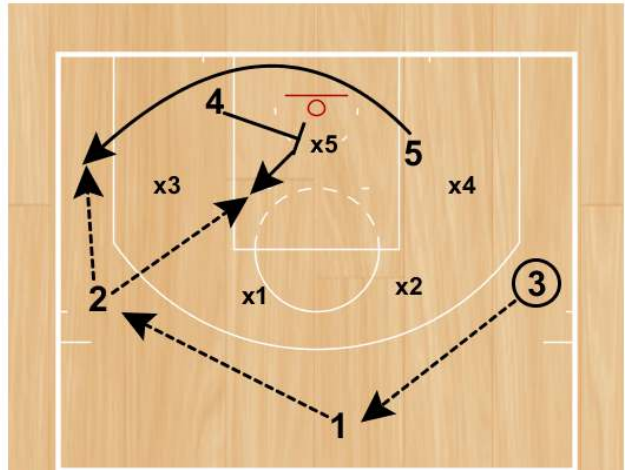
Regular  
Zone Offense



**Special**  
Zone Offense



**Special**  
Zone Offense



**Double**  
Zone Offense

