

Pre-Season Basketball Syllabus

[What have we accomplished in the pre-season? = basic defensive philosophy and cutters and screeners reading each other]

October 12, 13, 14, and 15 [6 Total Practices]

DEFENSE	OFFENSE
Press = "24"	Press Offense = "Get It In"
Transition	Secondary = "Primary" / "Secondary" / "Dribble Action"
"22"	Motion = "4" / "3"
Defending Screens = Down / Cross / Back / Fade	Set = "Dribble Action"
Defending Ball Screens = Lift / Trap	Continuity = "5" / "Twirl"
Defending Post Feeds = Trap post to post [get in an "I"]	Zone = "Double Fist Pound" to "Wiggle" / "Dribble Action"
Defending UOB = Lock and ride + ball defender cover hole	Special Situations UOB = "2" / "4" / "5" / "Zone"
"21"	Special Situations SOB = "Man"
Special Situations = Blocking out at the free throw line	Special Situations = Free throw play / Pressure releases

October 17, 18, 19, and 20 [6 Total Practices]

DEFENSE	OFFENSE
Defending = "Wing Point"	Press Offense = "Get It In 'C'"
Defending = "Top"	Set = "Point" / "Head Tap" / "2" / "Fist"
Defending = "UCLA" to ball screen double	Zone = "Shorts Tug" / "2" / "Fist"
Defending Post Feeds = Choke	Special Situations UOB = "3" [Sura]
Defending Post Feeds = 1 on 1 with no help	Special Situations SOB = "Box for 2" / "Box for 3"
Special Situation = How to foul late game away from the ball?	Special Situations FULL = "Triple" / "Game Winner"

October 22, 23, and 24

DEFENSE	OFFENSE
"24 Fist" = Multiple traps	"Dribble Action"
"22 Fist" = Multiple traps ignited by 5 man [4 man has the hole]	Special Situations UOB = "Tip"
Defending = Shuffle double double	Special Situations SOB = "Zone"
Defending = Low stacks - cross and play	Special Situations FULL = "Triple to Score"
Special Situations = How to foul late up "3"?	Special Situations = 2 for 1... when, where, why, and how?

October 26, 27, 28, and 29 [6 Total Practices]

DEFENSE	OFFENSE
"24 Chop" = Foul immediately	"Thumbs Down" / "C" / "Thumbs Up"
"23" / "23 Fist"	Zone = "Double Fist Pound" to "4"
"22 Double Fist" = Switching everything	Special Situations UOB = "25"
"21 Fist" = Trap the wing or corner passes	Special Situations SOB = "Box Tip"
Special Situations = How do you protect the lead?	Special Situations = When do you score and quickly call TO?

October 31, November 1, and 2 + November 4, 5, 6 [Marathon Oil?], and 7

SPECIALS
DEFENSE = "20"
Night before scout / Game day / Bench assignments / Pre-game warm-ups / Halftime / Post game