Ben Howland

- Building a program:
  a. Who do you surround yourself with? We are in this together.
  b. Evaluate in recruiting.
    - Who can you get and then zero in on them.
  c. What to look for in a player:
    - Skill level – look for good passers.
    - Athleticism.
    - Toughness – Physical and mental.
    - Coachability/Attitude/Work ethic.
  d. Know how you want to play.

- Defense: **(Constant Emphasis)**
  1. You have to be a great defensive team to win championships.
  2. Do not allow transition baskets. Get the ball to the sideline, get it out of the middle of the floor.
  3. No penetration off the dribble.
  4. Knowing personnel and tendencies. He likes 2 days of preparation.
  5. Always trail a shooter.
  6. Big on big to double the post only against good post players. Get good at what you are doing, keep working on it, and keep improving.
  7. Contest every single shot. Even, if they are late. Contest the shot to the level of the ball.
  8. Blockout and all 5 rebound – PG led the team in defensive rebounding.
  9. Take the charge. Cover up and take the hit.

- Offense:
  1. Shot selection. Teammates get on each other.
  2. Transition baskets off of misses.
  3. Balance – inside/ outside.
  4. Run sets into motion. 30 – 40 sets.
  5. Emphasize rebounds.

- Passing drills are very important:
  o Man in the middle (:15-:20).
  o Trapping, passing drill (Diagram).

- Pass fake and shot fake vs. the zone.

- Do as much as you can in 5 on 5, that appeals to the players.

Ben Howland
Shell Drill

A

B
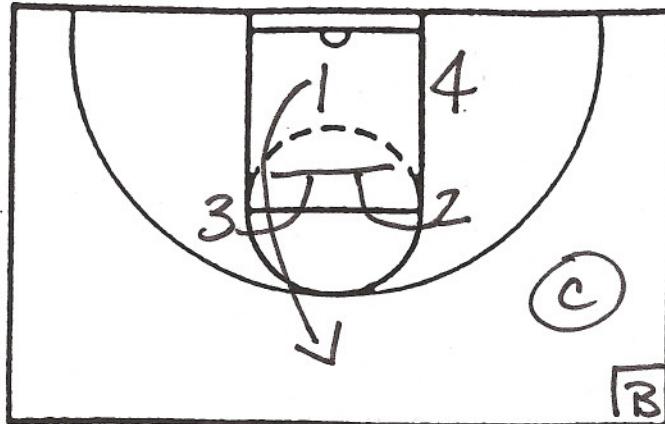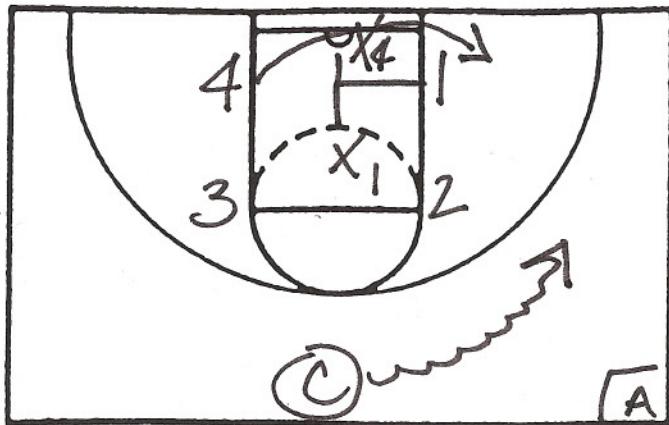
X4 will not allow 4
to go below him. X1 will
stand up 4.
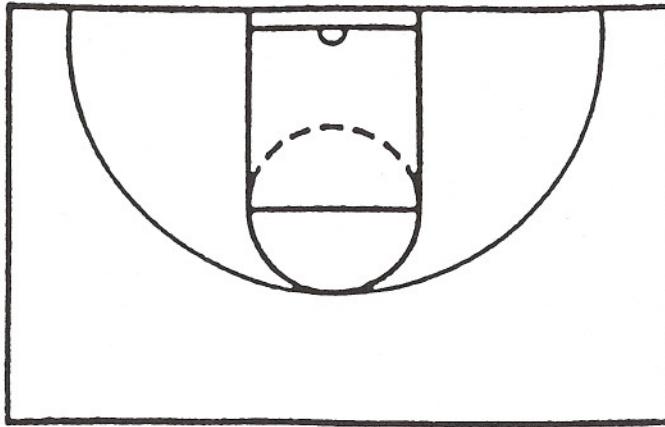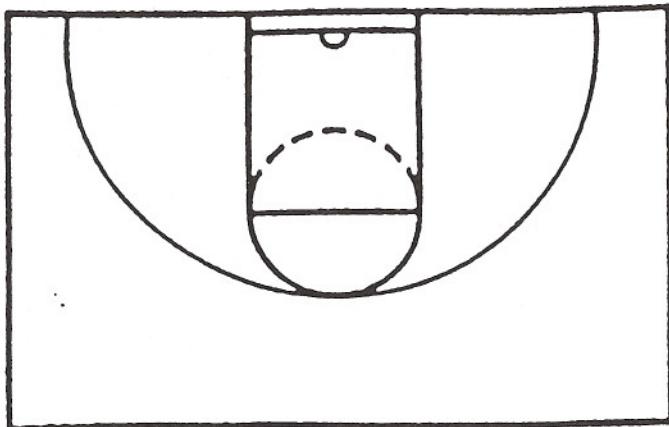
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Attacking The Zone
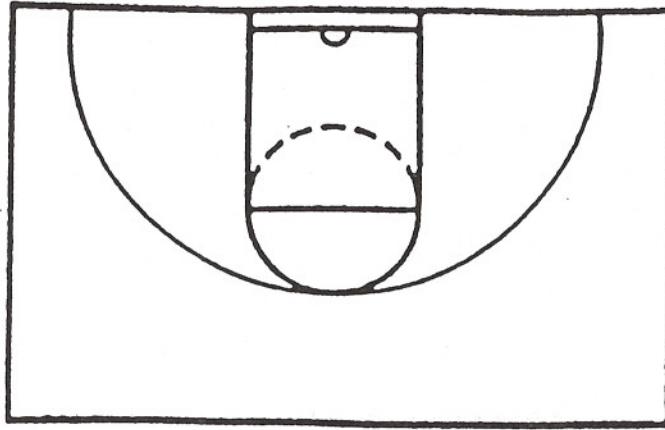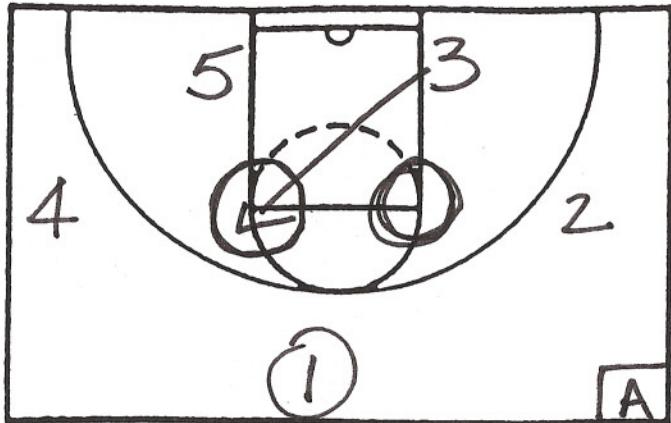
Attack the high post.
Inside players must seal.
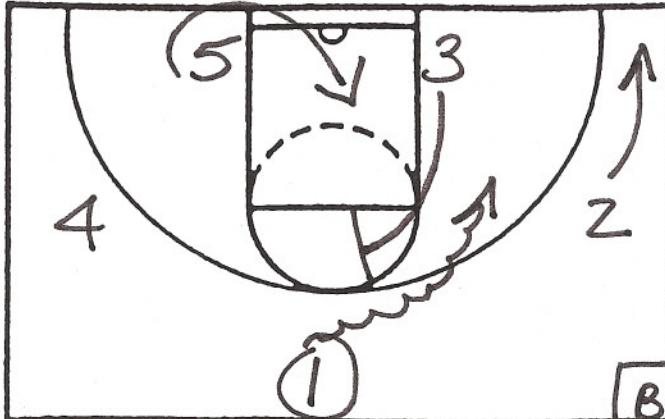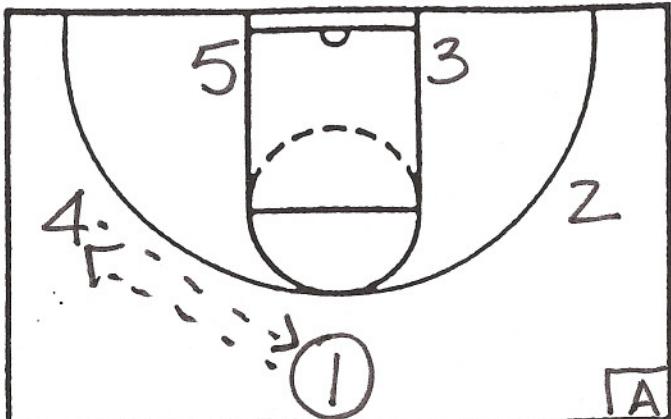
Good set vs. 2-3 zone.

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Attacking The Zone

"Fresno"
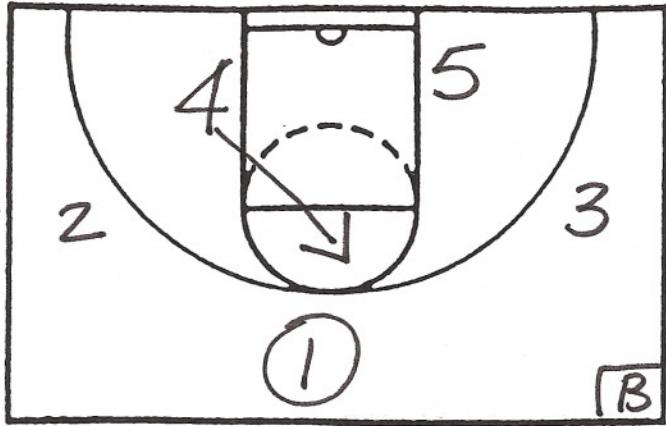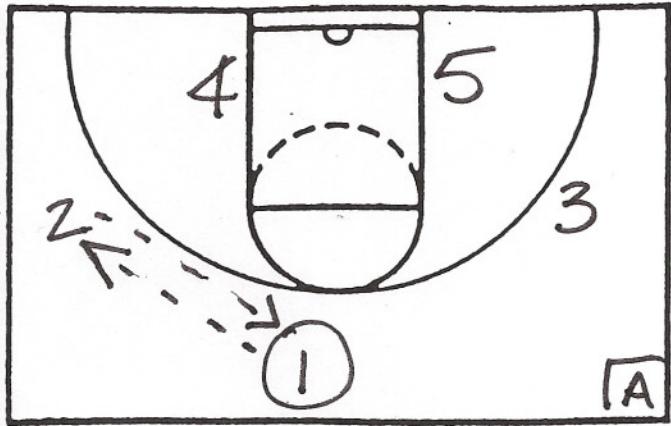
Lob vs. zone.
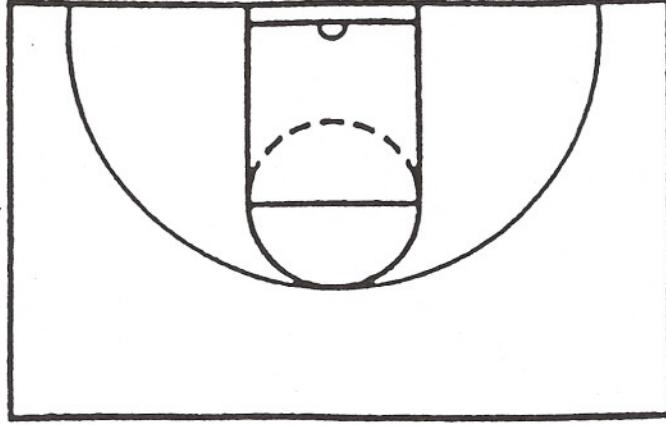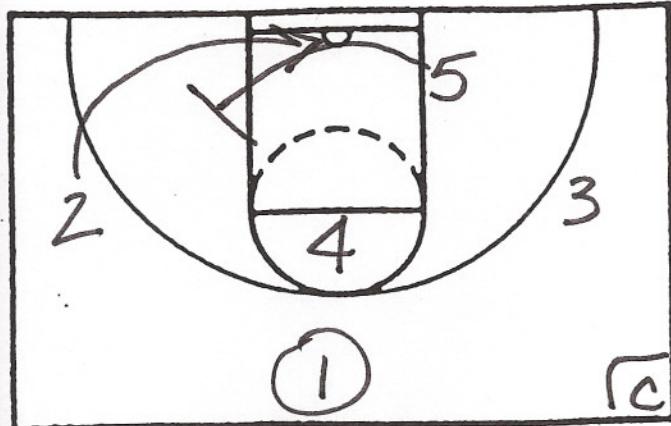
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# Passing Drill
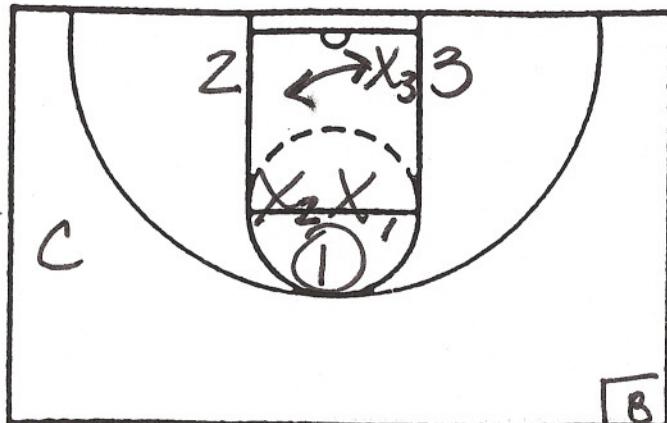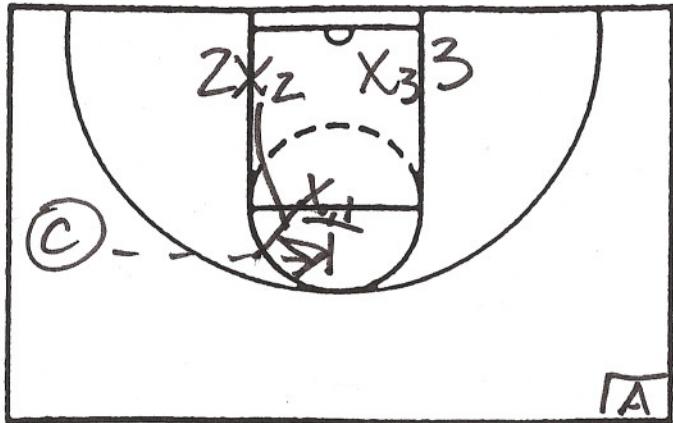
The player closest to the ball go trap.

X_3 plays the interceptor and goaltender.