

## A. How can you.....

1. Build an integrated system of offensive and defensive concepts?
2. Teach this system in a step-by-step progression that makes sense to players?
3. Collapse time frames to cover more information in the same amount of time?
4. Increase time spent during the season on fundamental skill development without sacrifice to time spent on team development?
5. Always work on your offense and defense simultaneously and conceptually?
6. Use your offense to teach your defense and visa-versa?
7. Minimize time spent on scouting reports of opponents?
8. Focus consistently on self and self-improvement?
9. Keep players mentally engaged?
10. Build continuity from year to year with a system that is flexible to any type of roster?
11. Teach players the game and how to play it?
12. Incorporate most any offensive and defensive concept?
13. Run multiple offensive systems with the same team and the same amount of teaching?
14. Win a game without your top 3 scorers and play the same way?

## B. The System

1. Offense: Read and React
2. Defense: Man to Man

## B. The Philosophy

1. Aggressive Offense
2. "Ball-Centric" Defense

## C. The Plan

1. Integrated Whole Part Whole Approach
  - a. Dribble Actions
  - b. Passing Actions
  - c. Screening Off Ball
  - d. Screening On Ball
2. Putting things together
  - a. Princeton
  - b. Flex
  - c. Blocker Mover
  - d. Triangle?
  - e. Others?

## D. The Next Step

1. It's not what you do; it's how you do it.
2. How many different ways can you do one drill?
3. How do you decide?

## E. Conclusion