

MICHIGAN OFF SEASON PLANNING

KEYS TO SEASON

1. Low turnovers
 - Demand it
 - Skill development
 - Threat of backdoor
 - Emphasize jump stops and pivots
 - Be strong with ball
 - Pressure def is our off
2. Low # of Fouls
 - Play hard no fouls
 - Best defender on their best player
 - No bonus
 - No double bonus
3. Get easy 4 second baskets
 - Practice it with rebound and outlet
4. Teach scoring
 - Walled layups
 - Runners
 - + others
5. Teach game speed shooting
6. Never stop teaching ball screen defense
7. Embrace the growth of young players



EMBRACE THE THINGS THAT ARE CHANGING AND REMEMBER THAT SOME THINGS NEVER CHANGE 2012-13

NOT CHANGING

1. Basketball is a game of possessions
2. The importance of skill development
3. The importance of shooting
4. There are a lot of ways to win
5. Culture wins
6. The importance of stance, posture and balance
7. The importance of pivoting
8. The importance of jump stops
9. The importance of passing out of post
10. Use or have the threat of back doors

CHANGING - DEFENSE

1. Close outs more important than ever
2. Advantage man defense drills are more important than ever
 - For example, 4 on 3 Full court
3. Multiple ball screen defenses are necessary
4. You may need to change how you switch
5. Pressure defense is likely to be used against you
6. You must be able to guard the ball screen in transition

CHANGING - OFFENSE

1. The dribble game is being used more often than passing game
2. Point guards and bigs must be in great shape
3. The use of single and double ball screens on the break
4. Be able score over or through strong walls
5. Be able to score against great gap defenses
6. Consider action vs non-action on weakside
7. Use lob passes on break
8. Be able to attack switches on ball screens and away/pin/down screens
9. Consider pick and roll vs pick and run
10. Consider the many ways to get ball in post
11. Consider using ball screen to start offense
12. Bigs must be able to pass

