

Coach Berry's BASKETBALL PLAYBOOK



BASKETBALL
coach berry
LEAD. EDUCATE. INSPIRE.

COACH BERRY'S BASKETBALL PLAYBOOK

By John Berry

www.CoachBerry.com



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PHILOSOPHY

Play Hard

Playing hard means playing with effort, determination, and courage. We never want to lose a game because the other team played harder or because the other team was in better physical condition. Playing hard starts with training hard so that you can increase the maximum effort you are able to give in a game. We never give in to taking the easy way out, in the weight room, on the practice court, or in a game.

Play Smart

Playing smart means playing with good execution and poise, treating each possession as if were the only one in the game. We never want to lose because of mental errors. As coaches, and players we work to become serious students of the game. We stress that the key principle is to focus on the process of the sport rather than on the end result.

Play Together

Playing together means playing unselfishly, trusting your teammates, and doing everything possible not to let them down. We never want to lose because one player is looking out for themselves over the team.

INSPIRATIONAL QUOTES

We emphasize that all five players working as one on the court can overcome any individual talent on the other team

Bravery is not the absence of fear, but the action in the face of fear.

—Nelson Mandela

The true measure of a man is what he does with what he has.

—Anonymous

Self-discipline is knowing that you are responsible for everything that happens in your life; you are the only one who can take yourself to the desired heights.

—Mike Shanahan

The biggest mistake a person can make is to be afraid to make a mistake.

—Anonymous

No whining, no complaining, no excuses. All those things are for losers.

—Anonymous

Great players and great teams want to be driven. They want to be pushed to the edge. They don't want to be cheated. Ordinary players and average teams want it to be easy.

—Pat Riley

The company you keep will determine the trouble you meet.

—Anonymous

Nothing will work unless you do.

—Maya Angelou

Champions do not become champions when they win an event, but in the hours, weeks, and months and years they spend preparing for it. The victorious performance itself is merely a demonstration of their championship character.

—Michael Jordan

Whether you think you can or you think you can't, you are probably right.

—Henry Ford

Every action we take, everything we do, is either a victory or defeat in the struggle to become what we want to be.

—Anne Byrhhe

We are what we do daily. Excellence, then, is not an act but a habit.

—Aristotle

The will to succeed is important, but what's more important is the will to prepare.

—Bobby Knight

Mental toughness is to physical toughness as four is to one.

—Bobby Knight

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.

—Jesse Owens

You want to be good at those things that happen a lot.

—Pete Carril

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

—Thomas Jefferson

Whatever you're doing is the most important thing that you're doing while you are doing it.

—Pete Carril

The fight is won or lost far away from witnesses —it is won behind the lines, in the gym, and out there on the road, long before I dance under those lights.

—Muhammad Ali

Nothing great was ever achieved without enthusiasm.

—Ralph Waldo Emerson

I am only one; still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do.

—Helen Keller

Never be satisfied with less than your very best effort.

—Gerald Ford

People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents.

—Andrew Carnegie

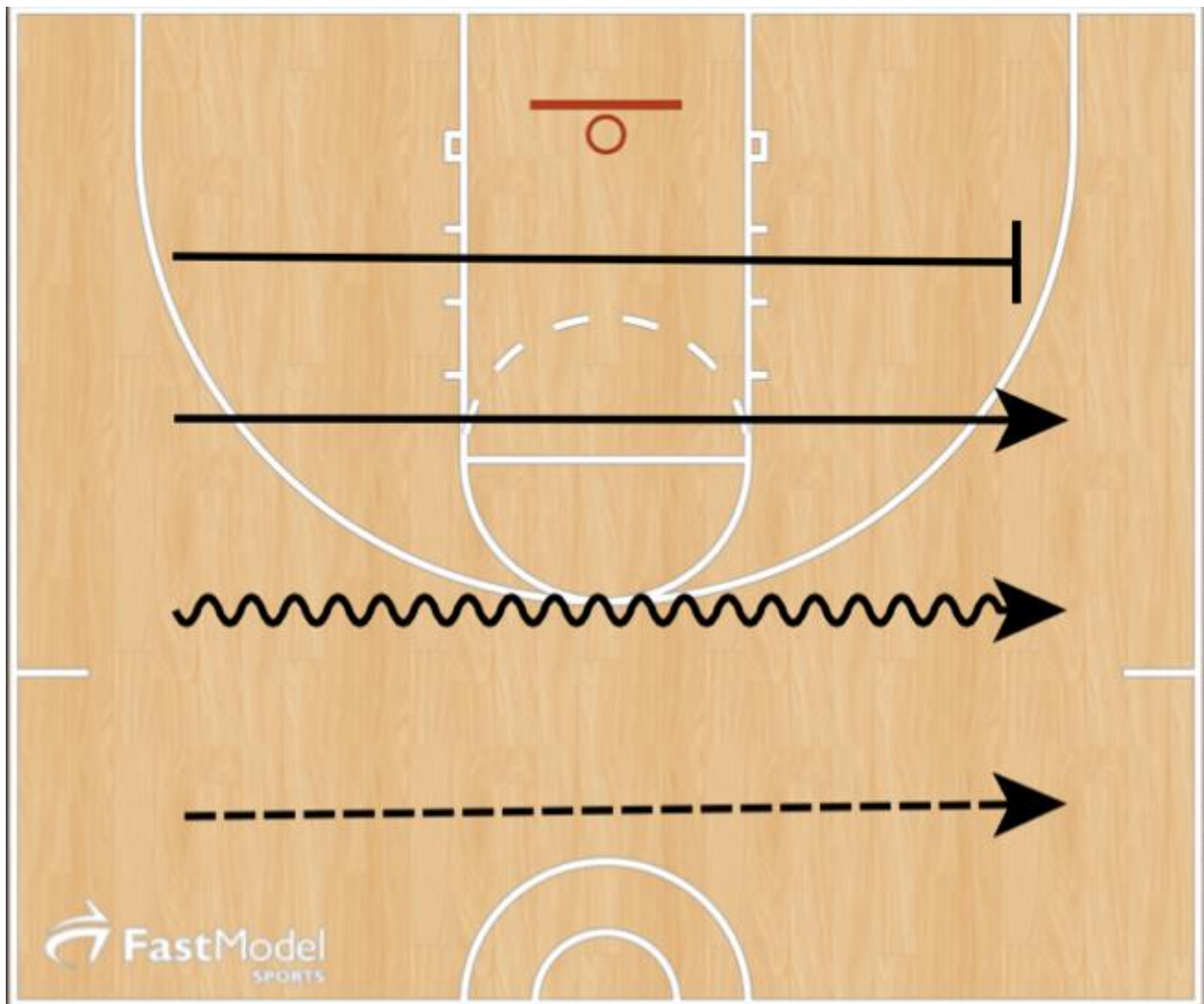
You can't get much done in life if you work only on the days when you feel good.

—Jerry West

A star can win any game; a team can win every game.

—Jack Ramsay

DIAGRAM SYMBOLS



DEFENSE

1. Pressure Levels
2. Man to Man Defense
3. Zone Defensive Sets
 1. 23 MATCH
 2. PRESS DEFENSE

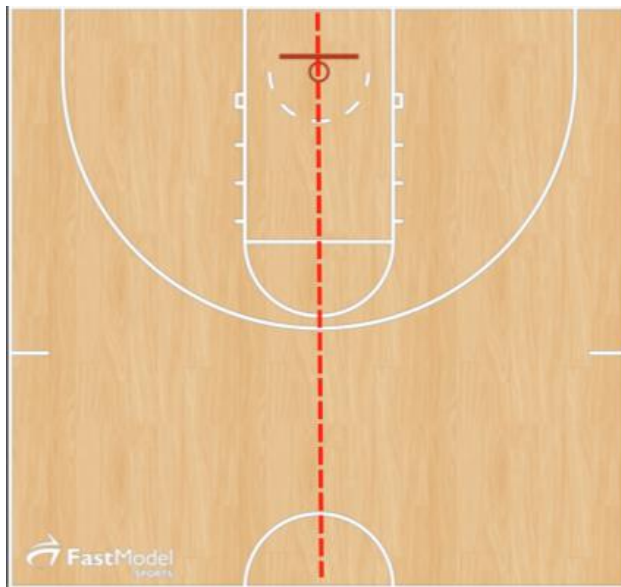
MAN-TO-MAN

General Rules:

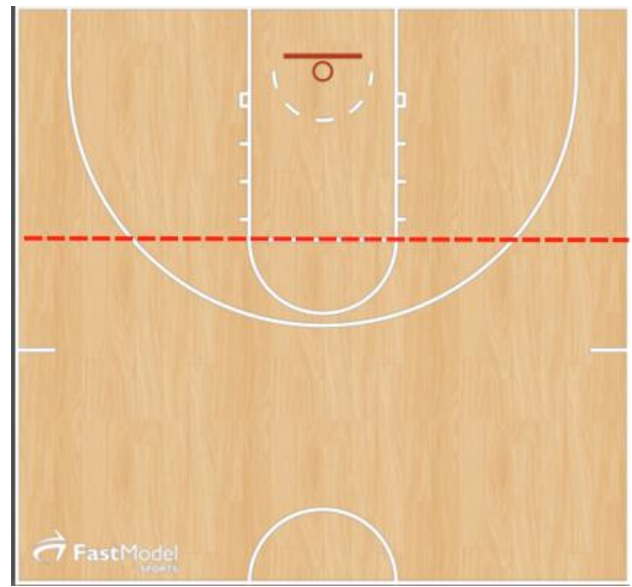
- Every player's first responsibility is to stop the ball handler.
- Stay between your assigned man and the basket.
- Turn your body so that you can see your assigned man and the basketball. (Six-Shooter Position)
- When your assigned man touches the lane, you must make contact and guide him out of the lane.
- On the strong side of the court stay within one step of your assigned man.
- On the weak side of the court stay one step off the help line when the ball is above the free throw line.
- On the weak side of the court stay one step over the help line when the ball is below the free throw line.
- It is every player's responsibility to communicate his position to his teammates. ("I got Help", "I got Ball", or "I got Weak")
- On a baseline drive the lowest weak side defender must rotate over to the strong side to stop the dribbler outside the lane.
- When one-pass away from the ball, shade one step towards the ball to help on a dribble drive.
- Force all cutters to go behind you. (Jump to the pass)
- Apply strong ball pressure on any perimeter player in a position to make a post entry pass.
- Play any post player with a $\frac{3}{4}$ front from the top-side if the ball is in the wing and a $\frac{3}{4}$ front from the bottom-side if the ball is in the corner. (T up the Post Player)

- The closet perimeter defender to a post player with the ball can feint at the post. (Dig from the strong side)
- The lowest positioned weak side defender should cross the lane and double team the post player with the ball from the top-side.
- On a Pick and Roll the screen defender must hedge next to the screen to force the dribbler to dribble away from the basket, then he must recover to his man with his hands up.
- On a Pick and Roll the dribbler defender must fight through the screen, between the screener and the hedger, to get in front of the dribbler.
- When a shot is taken every defensive player must hit their assigned man, turn to find the rebounding ball, and go get the ball in the air at the highest point.

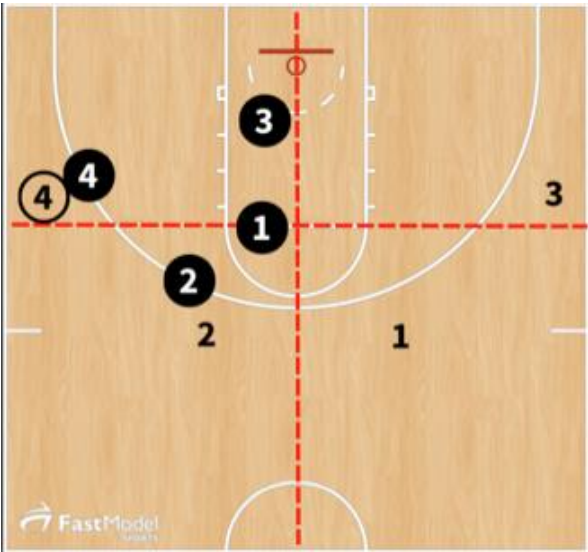
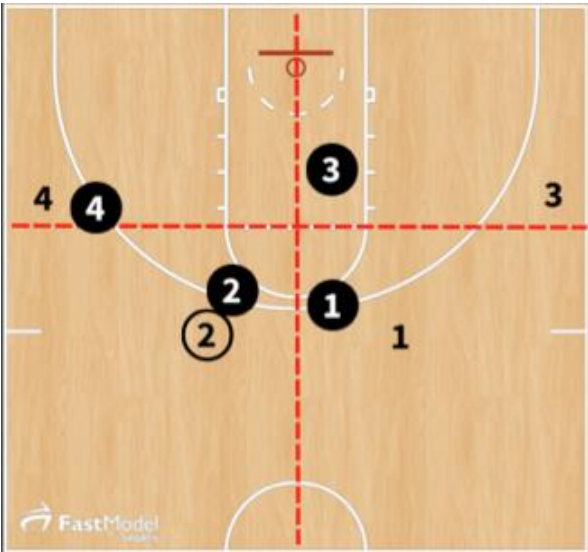
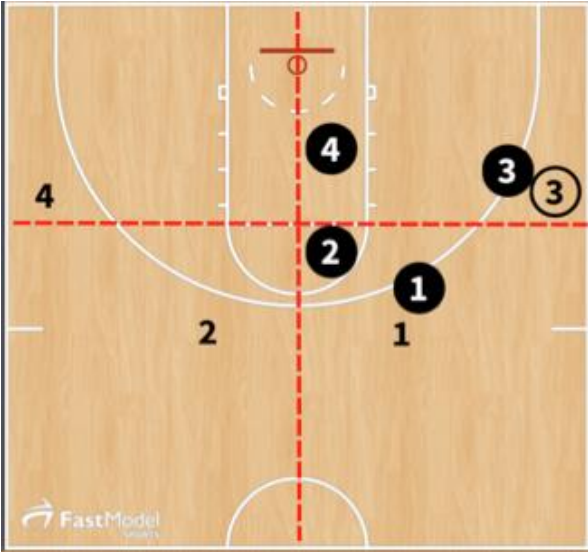
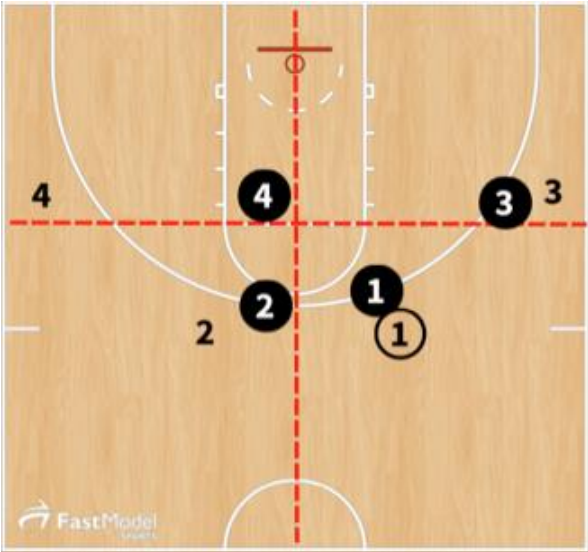
Help Line



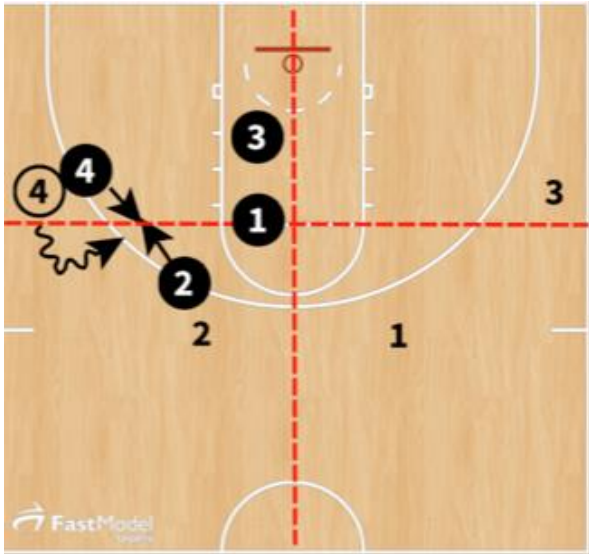
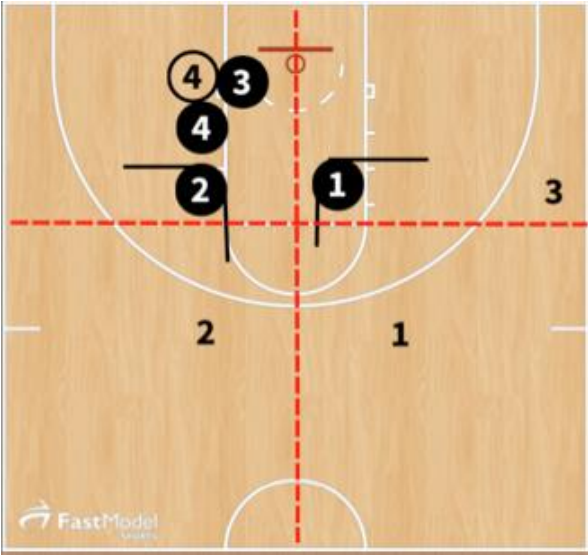
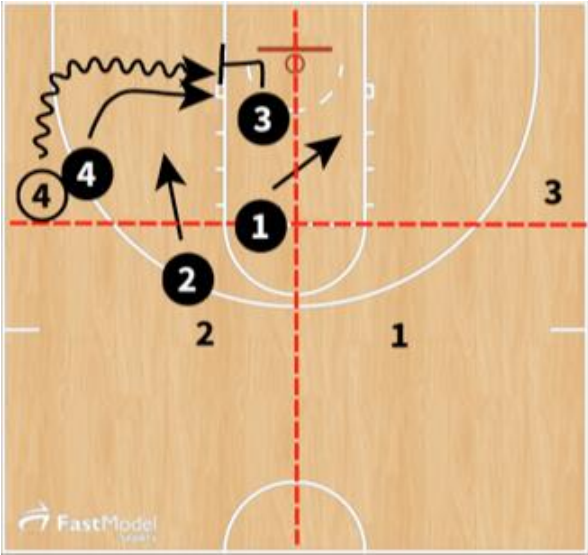
Free Throw Line Extended



Man-to-man Shell



Man-to-man Shell (cont.)



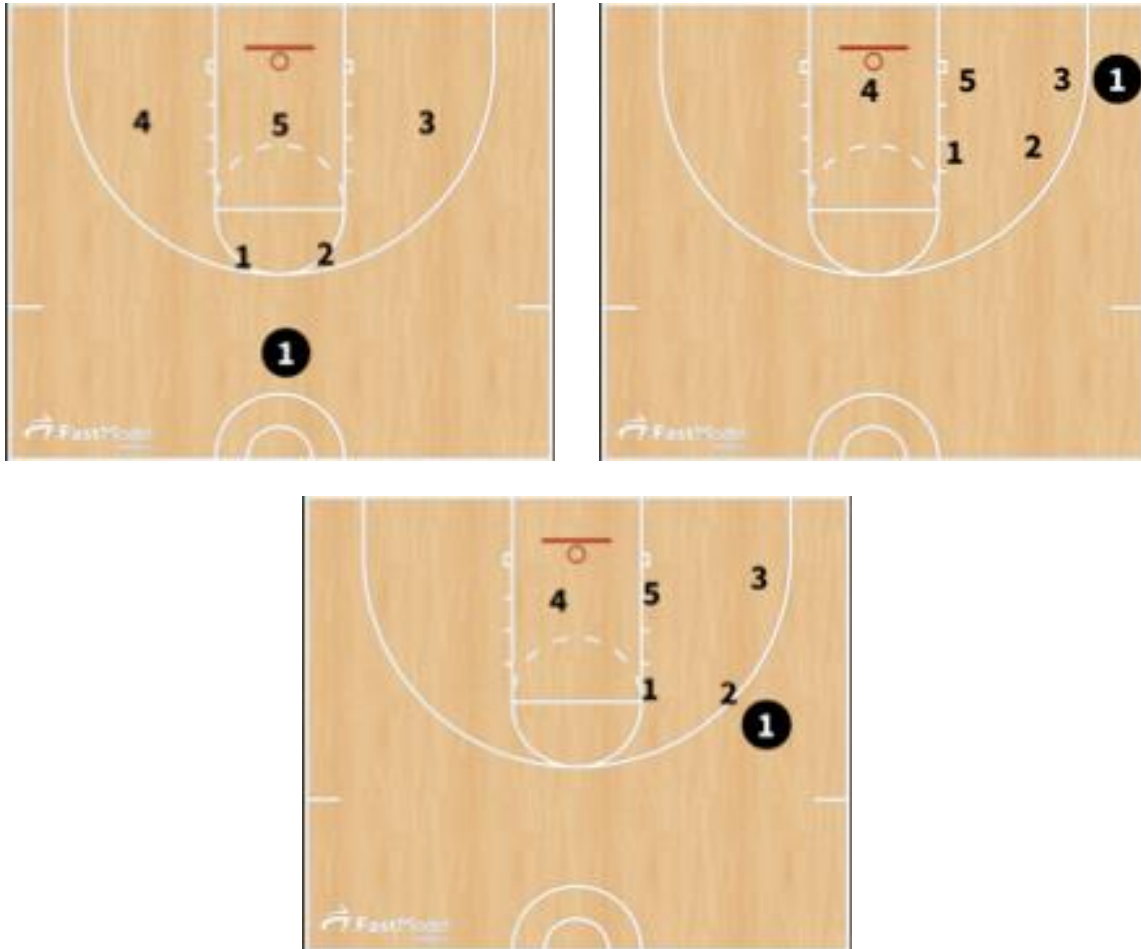
23 Match

General Rules:

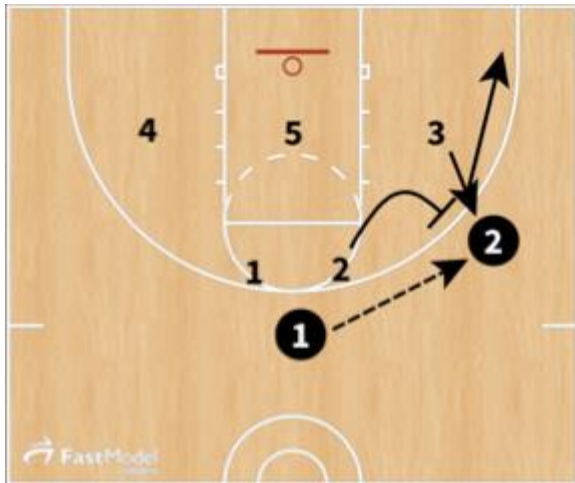
- All defenders must see the ball at all times.
- All defenders must move to adjust their position on every pass and every dribble.
- All defenders must have their hands up at all times.
- All defenders must rebound.
- The center must front any strong side post player.
- On a pass or a dribble to the short corner, the center and the strong side wing must double-team the ball.
- When the ball is shot, every defender must move quickly to their assigned rebounding position and box out any one there.
- When the ball is in the wing, the strong side high post and low post must be fronted.
- Wing players must defend passes to the wing until one of the guards can replace them. (Bump)
- The weak side wing defender must communicate any offensive movement because he can see all players on the court.
- The weak side wing is responsible for all weak side offensive players, and must get in front of any cutters.
- Defender must never leave the dribbler unless he is “bumped” by a teammate.
- The guards must follow over the top of any perimeter screen.
- On a perimeter screen the strong side wing defender must come up to stop the dribbler and follow the roller.

- The center must match up with any post player with the ball at the high post.

Alignment Based on Position of Ball



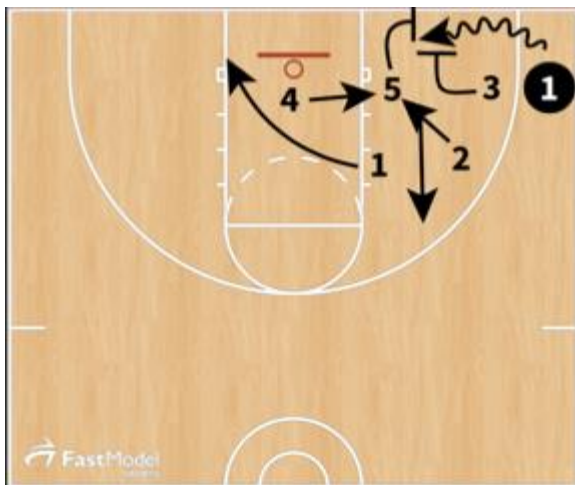
Pass from Point to Wing



On a pass from the point to the wing

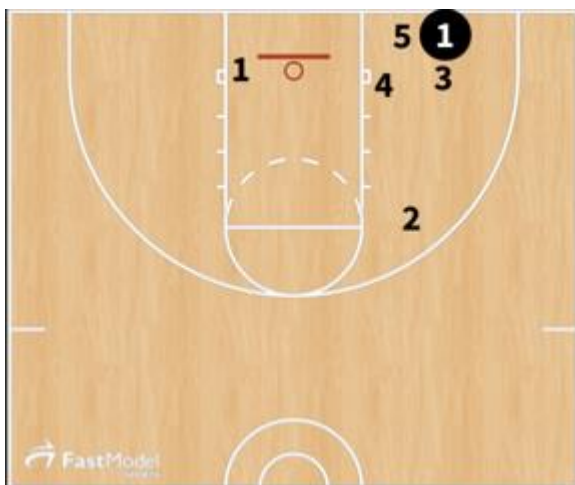
- The strong side wing defender closes out on the wing to prevent a jump shot.
- The strong side guard “J-Cuts” to approach the wing straight on.
- Strong side guard “bumps” the wing defender.
- The wing defender drops to cover the corner or short corner

Pass from Point to Wing

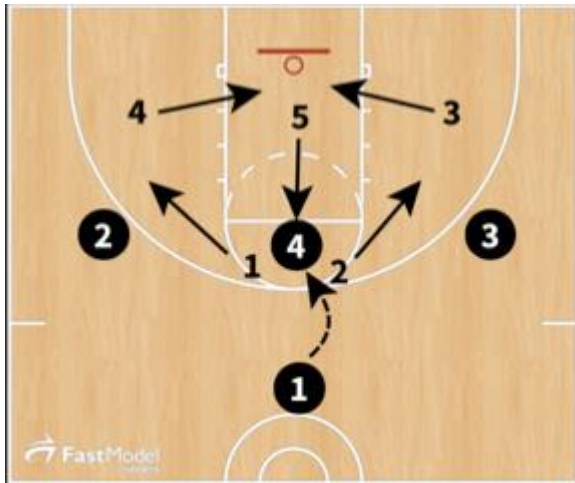


On a baseline drive

- The strong side wing defender and the center trap the dribbler outside the lane.
- The strong side guard digs to cover the strong side block, then returns to the strong side.
- The weak side wing covers the post player on the strong side block, “bumping” the strong side guard.
- The weak side guard drops from the strong side elbow to the weak side block to prevent a baseline pass.



Pass from Point to High Post



On a pass to the high post

- The center matches up with the high post player one on one.
- The center stays low never biting on fakes or letting the high post player drive.
- Both wing defenders drop to their respective blocks and get inside position on any offensive players.
- The guards drop below the ball and turn to match up with the perimeter shooters.
- The best shooters get a higher defensive priority.



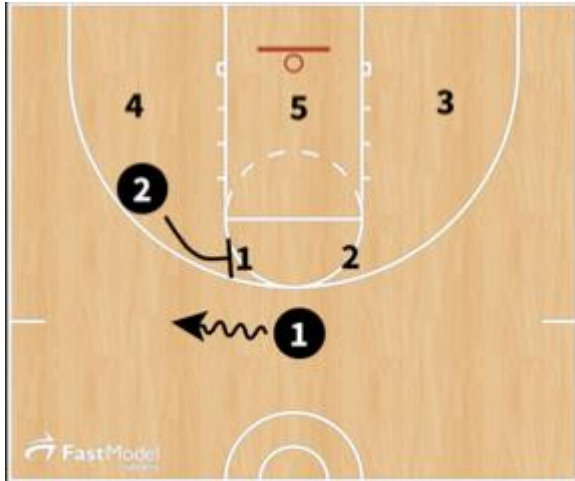
23 Jump



On a call of "23 Jump"

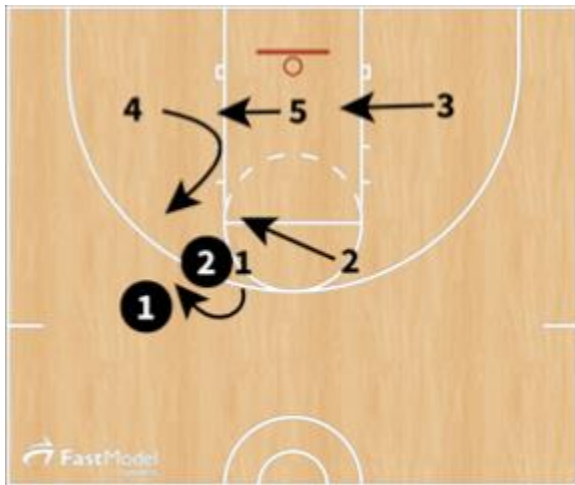
- Both guards close out and trap the ball handler as soon as he crosses the half court line.
- Both wings deny the first pass in either direction.
- If there is a high post player the center steps up to discourage the pass.
- If there is no high post player the center stays back and matches up with anyone near the basket.

Screen of the Guard



On a call of "23 Jump"

- Both guards close out and trap the ball handler as soon as he crosses the half court line.
- Both wings deny the first pass in either direction.
- If there is a high post player the center steps up to discourage the pass.
- If there is no high post player the center stays back and matches up with anyone near the basket.



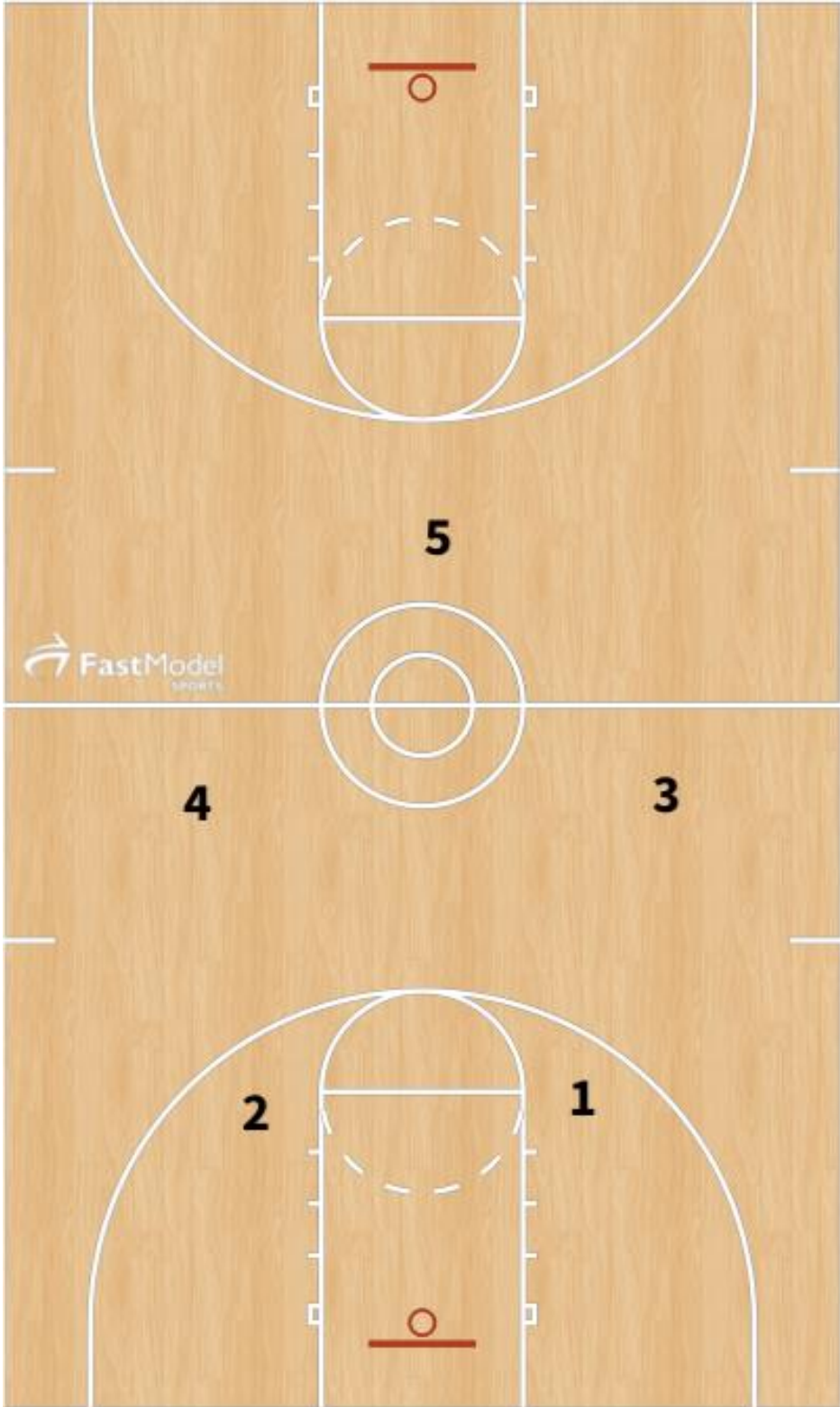
Rebounding Positions

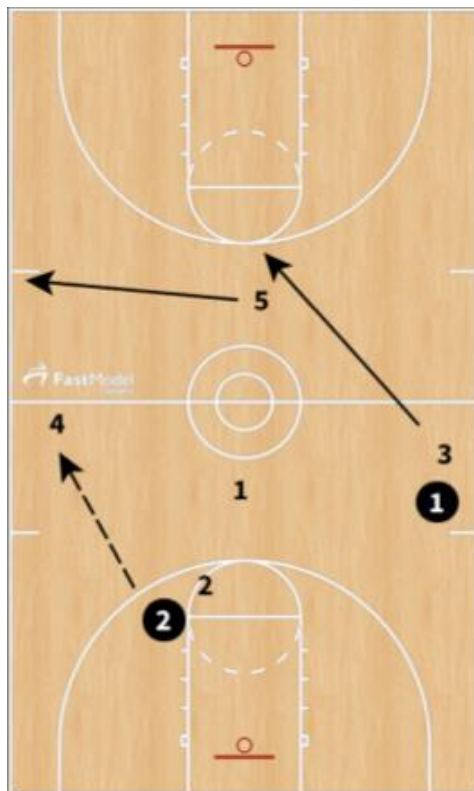
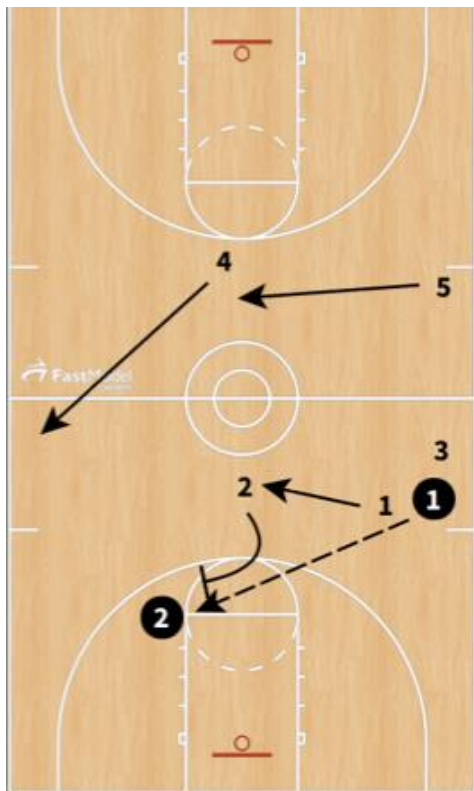
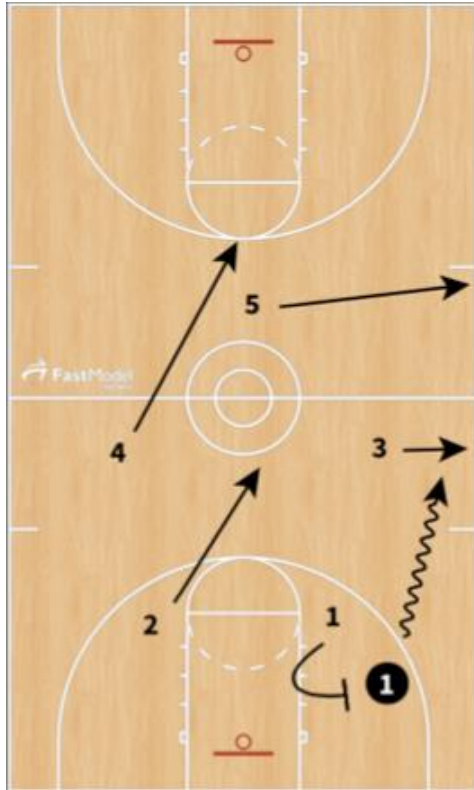


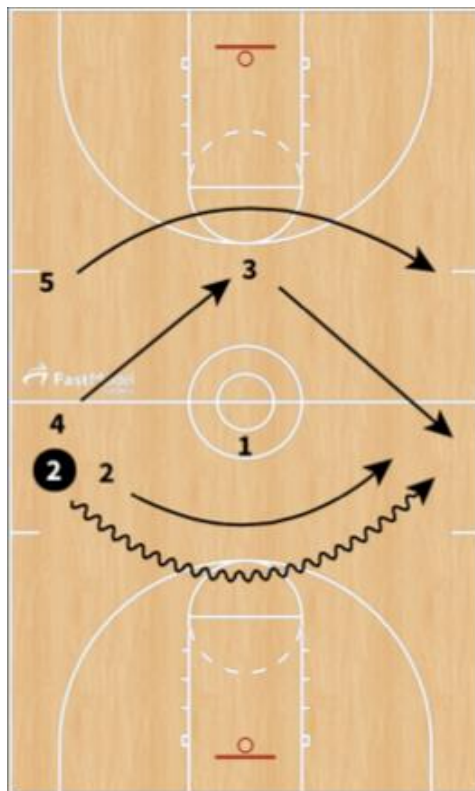
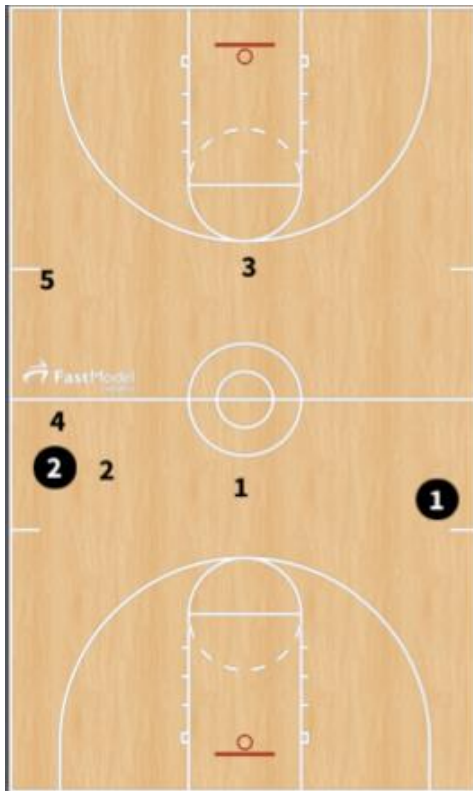
On a shot

- Both wings drop to the block to get inside position on any offensive player.
- The center gets to the front of the rim.
- The center and the wings must hold position on step from the rim, so they don't get pushed under the basket.
- Both guards drop inside the lane filling the gaps between the center and the wings.

Press Defense







OFFENSE

1. Man to Man Offensive Sets

1. MOTION OFFENSE LAYERS

2. DUKE

3. STATE

4. WAKE

2. Zone Offensive Sets

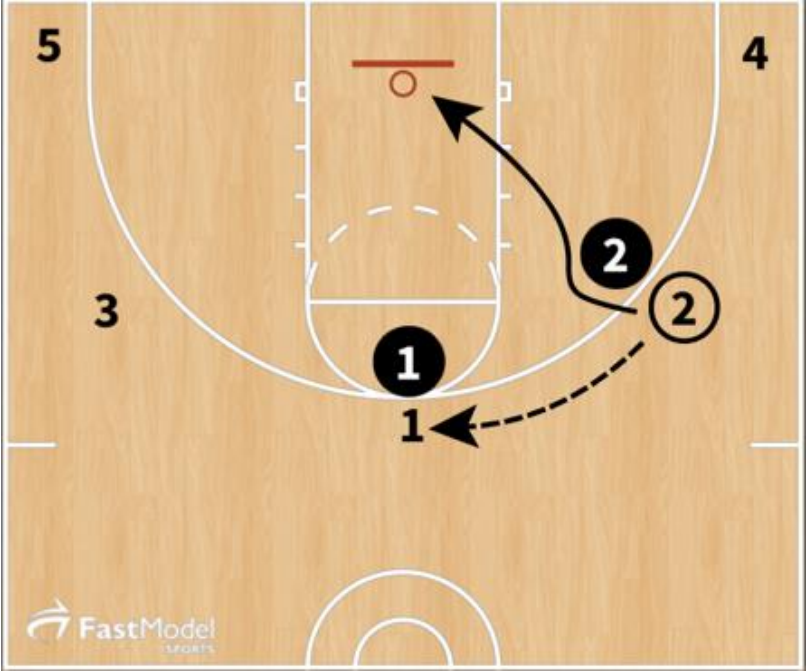
1. CLEMSON

2. VT

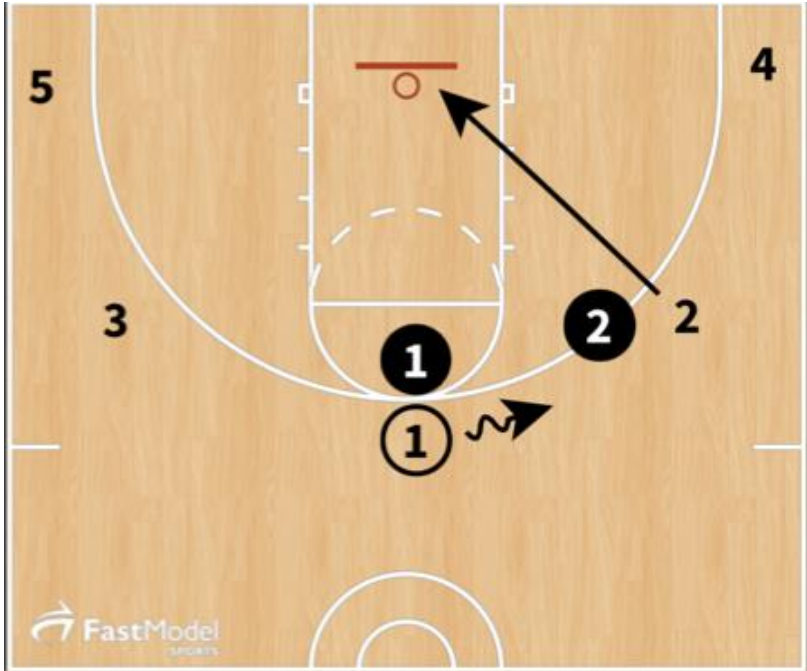
3. Press Offense

Motion Offense Layers

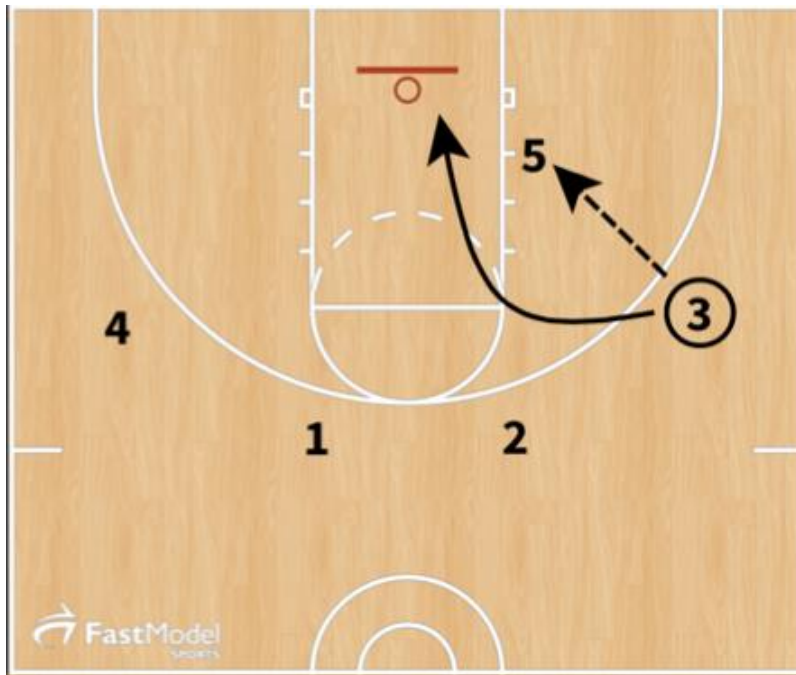
Front Cut



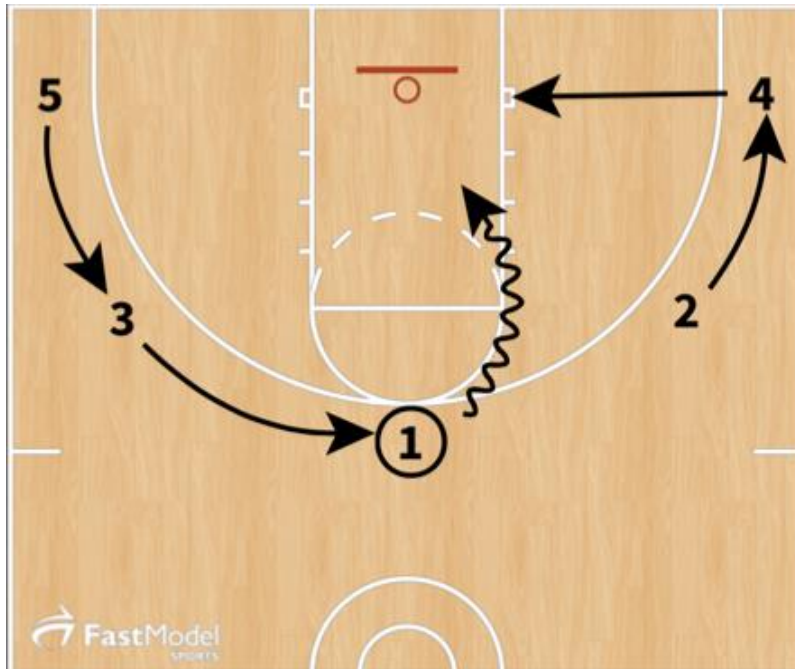
East - West Dribble



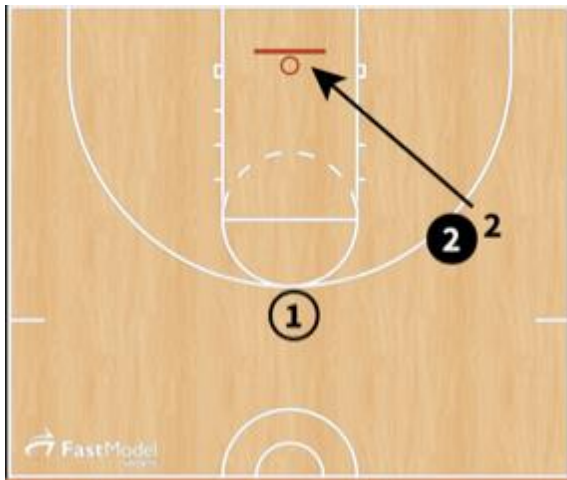
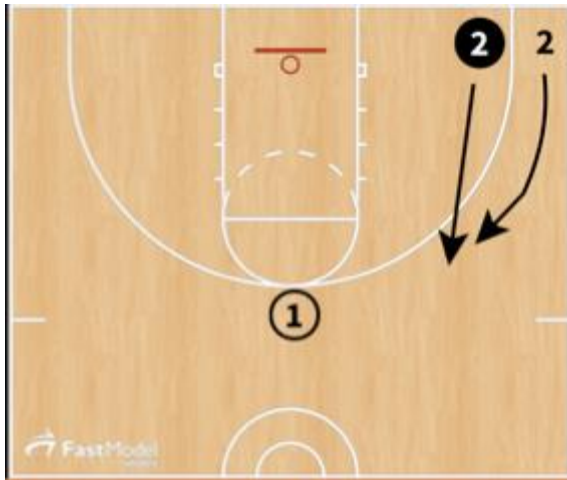
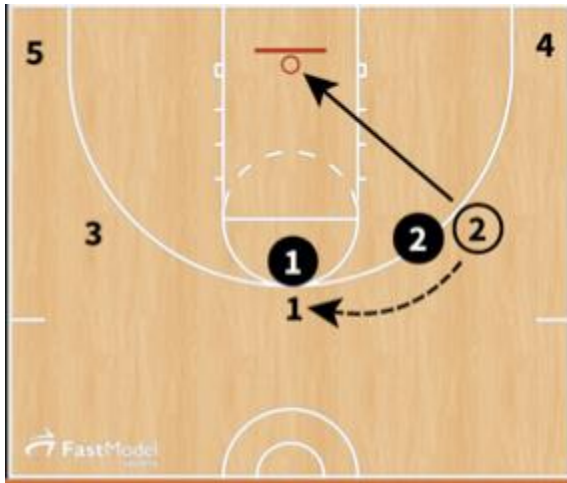
Laker Cut



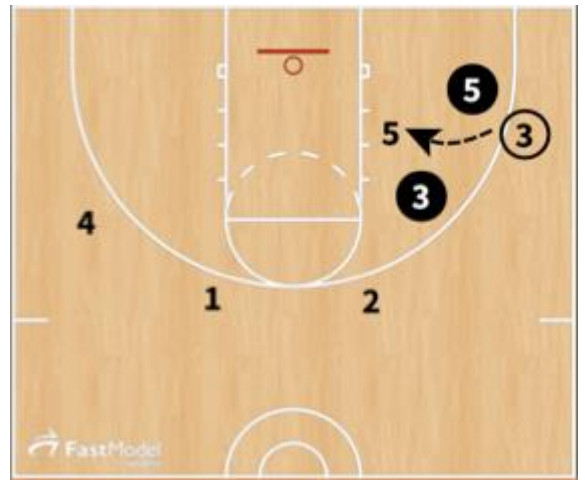
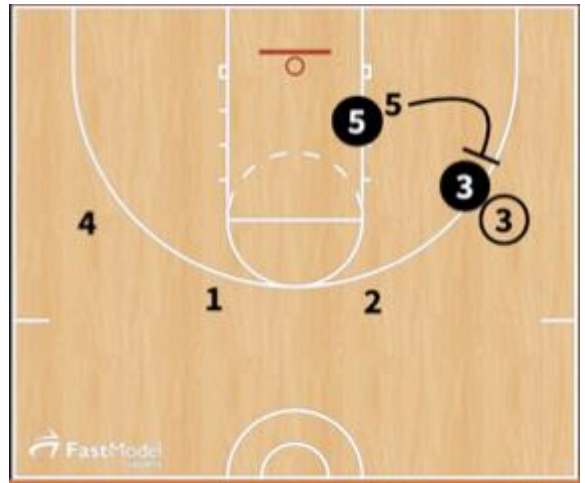
North - South Dribble



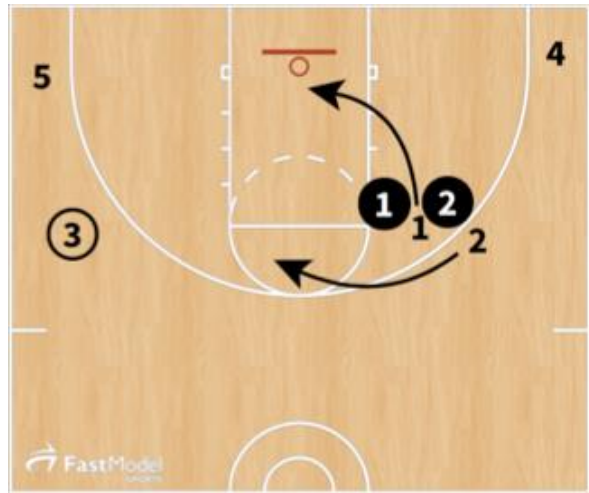
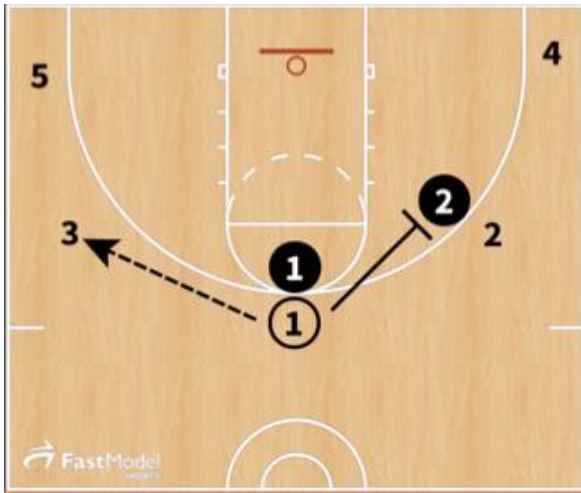
Back Cut



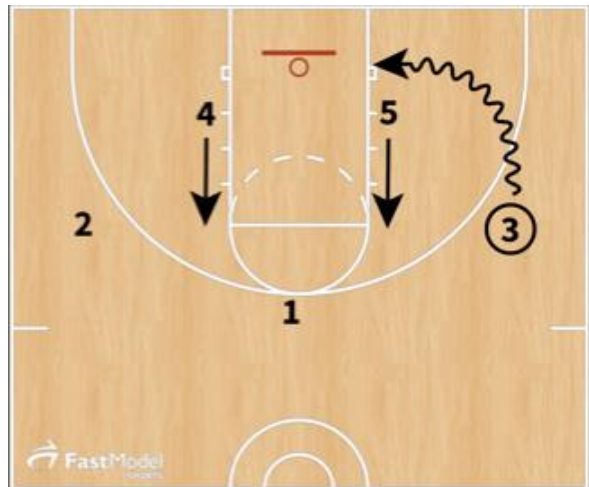
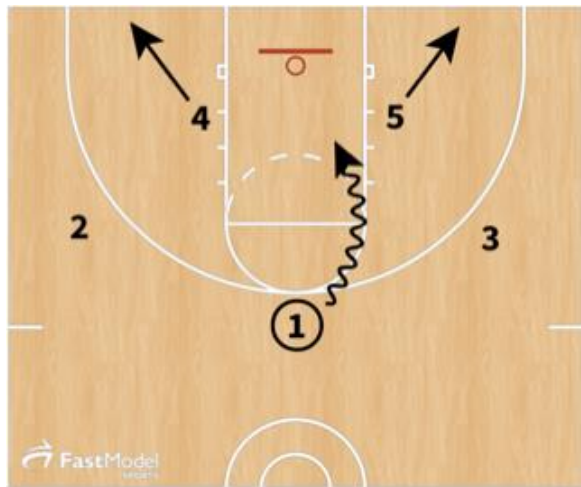
Sideline Pick and Roll



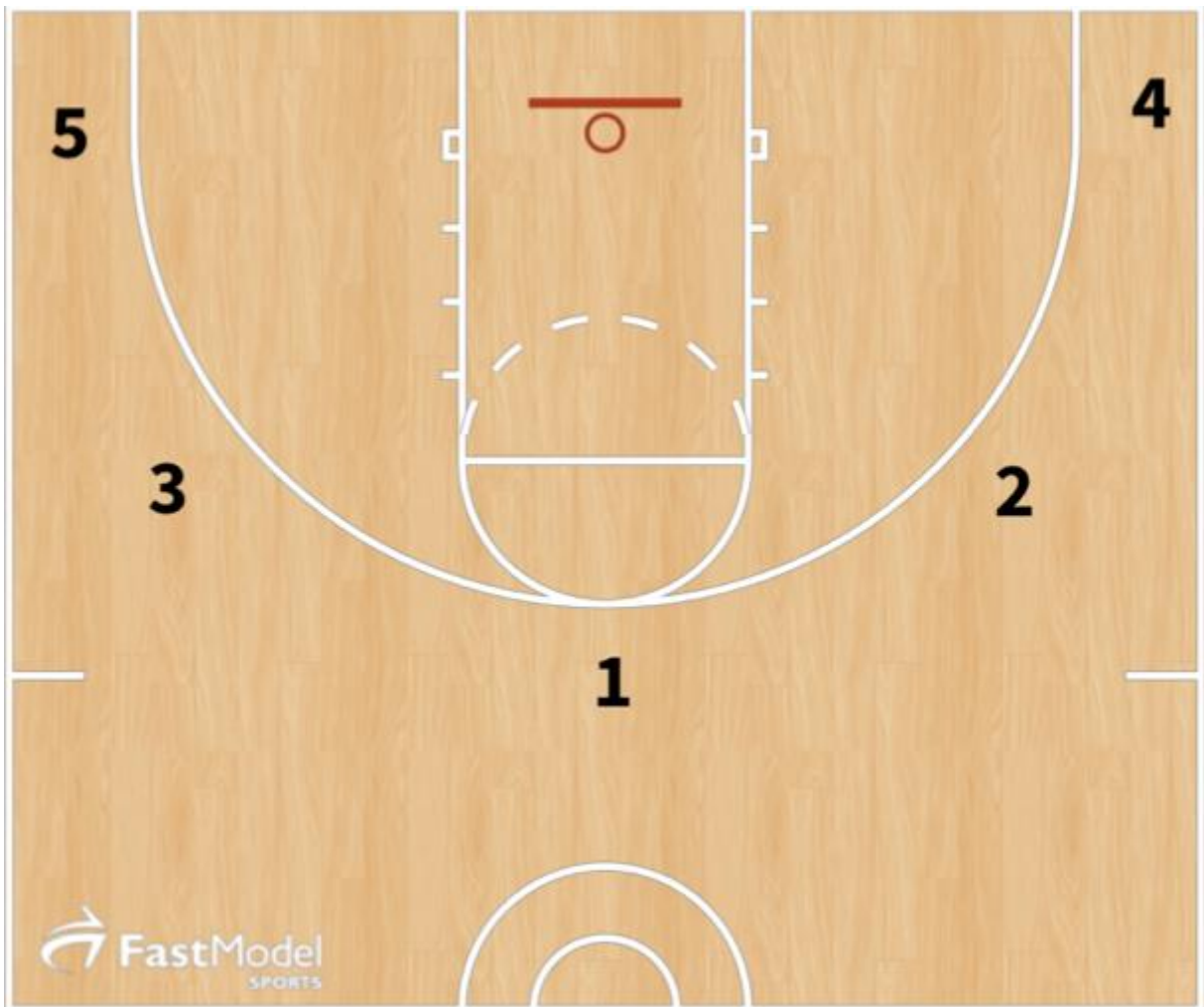
X-Cut



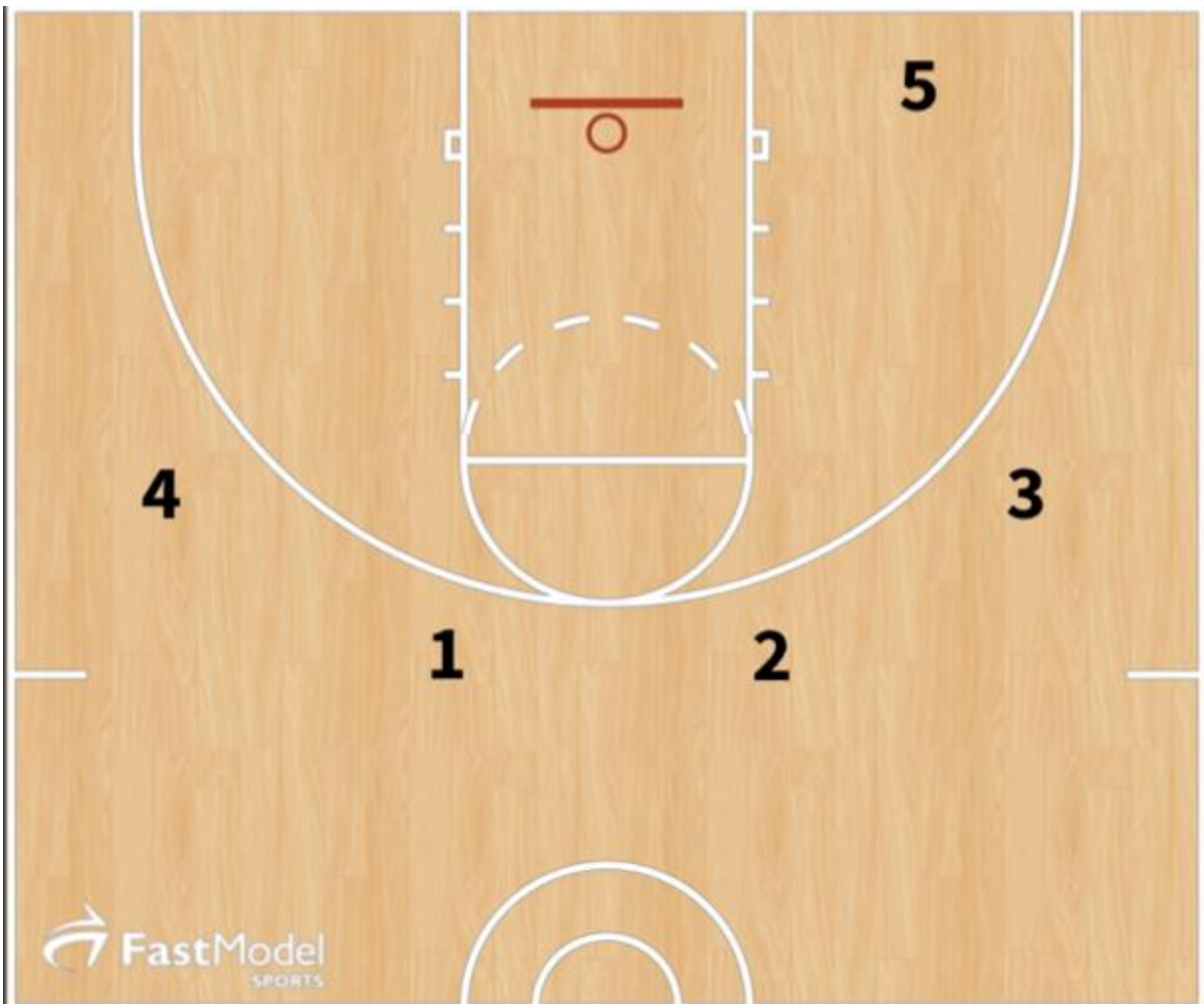
Post Slides



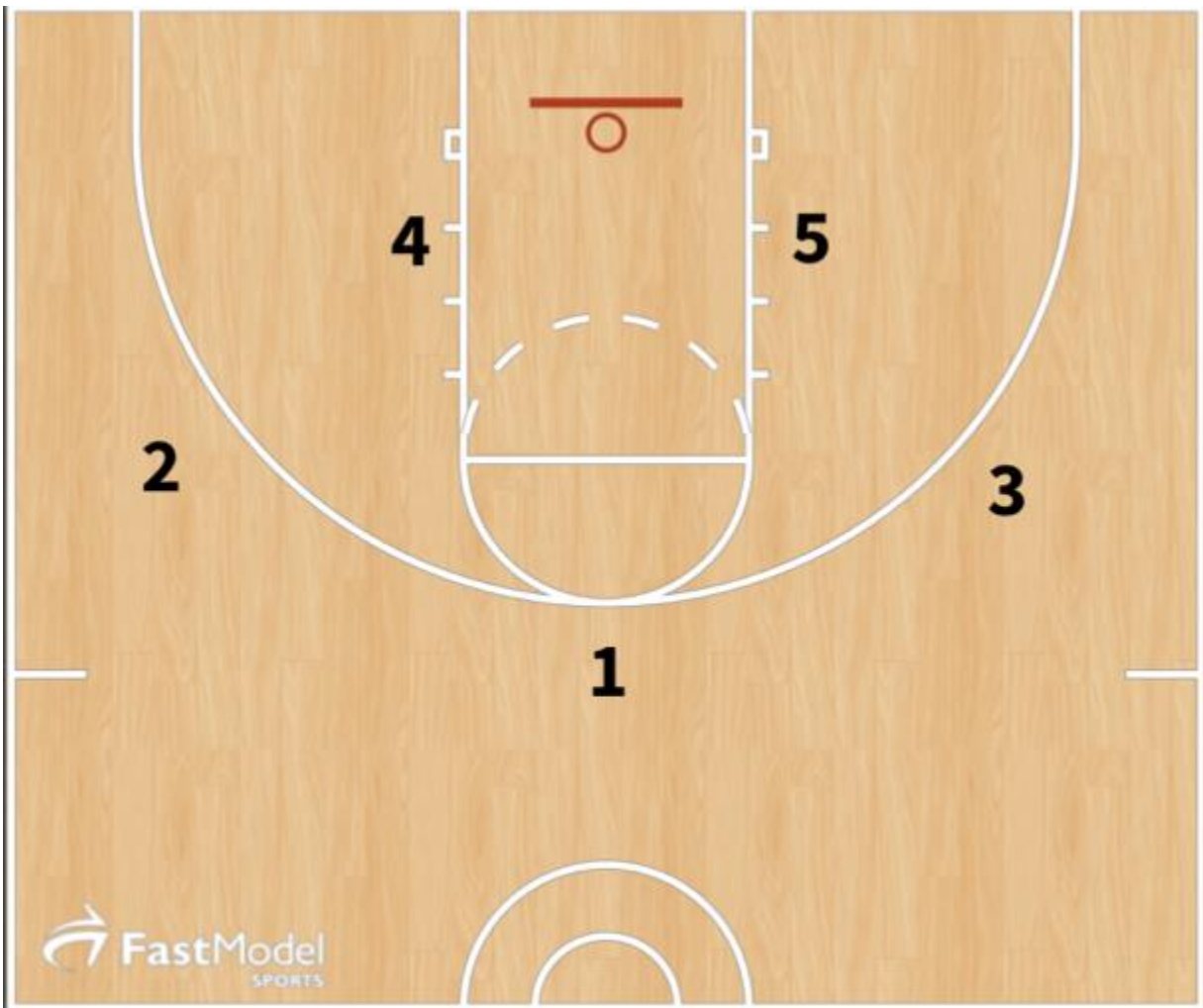
5-Out Motion



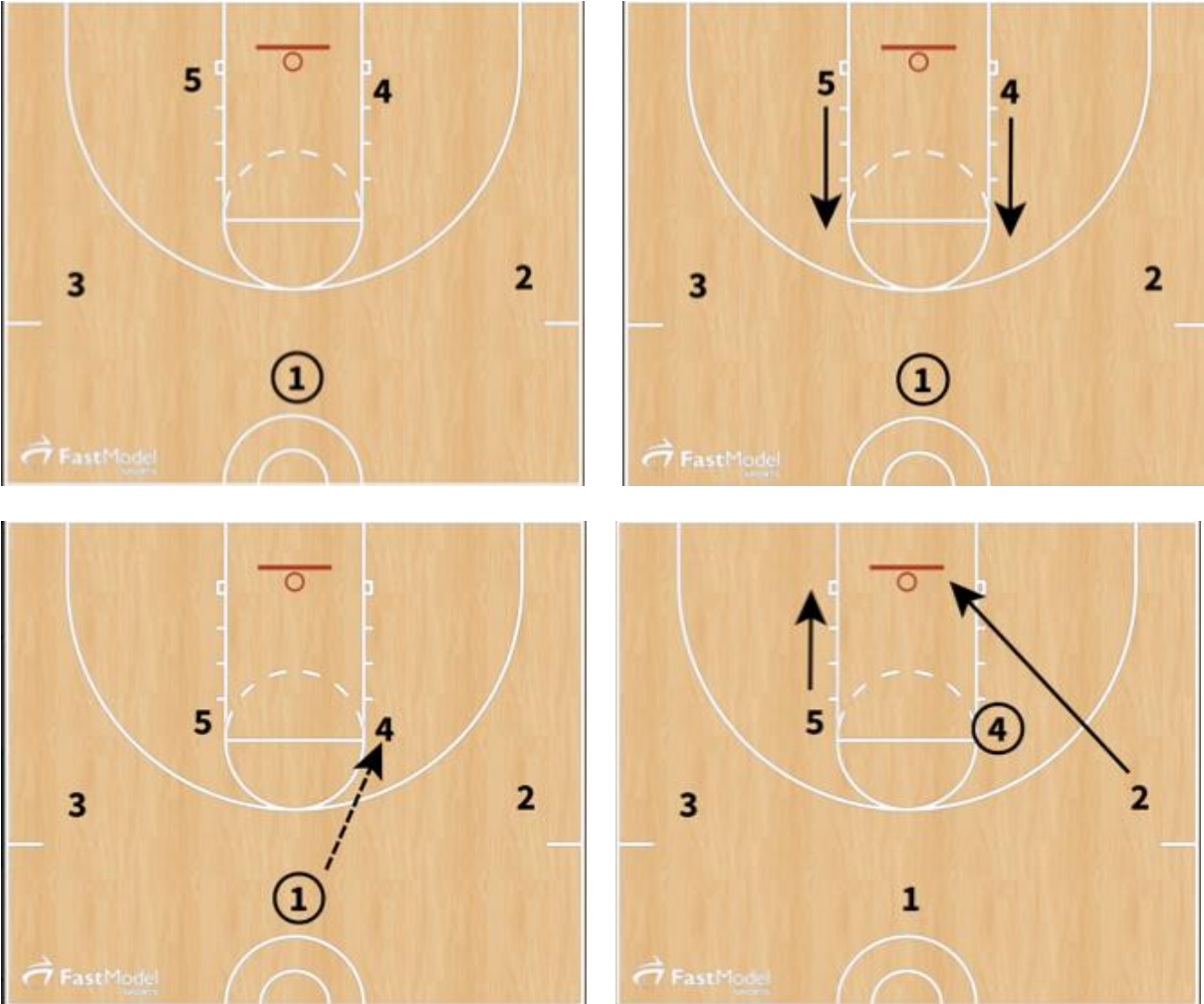
4-1 Motion



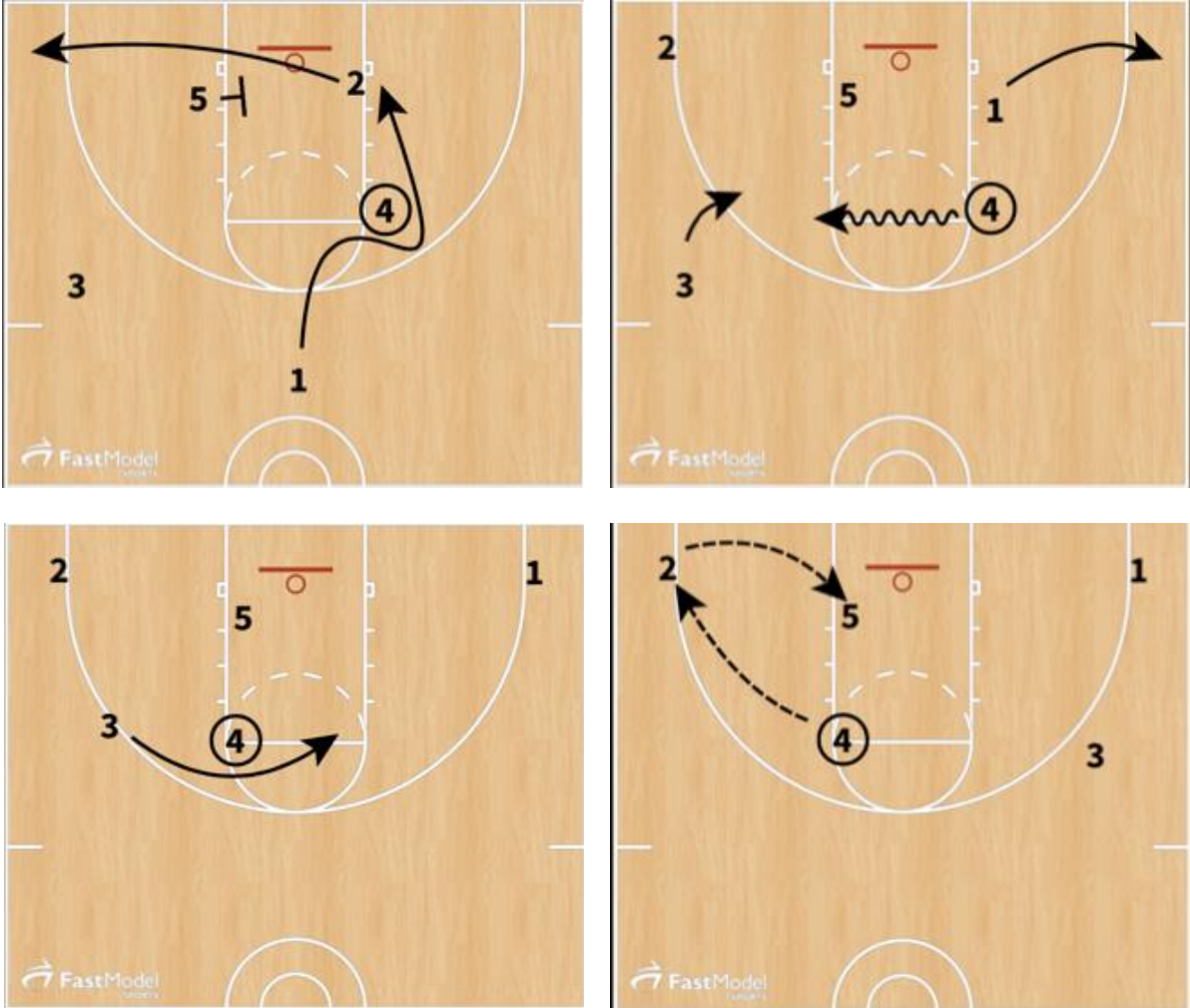
3-2 Motion



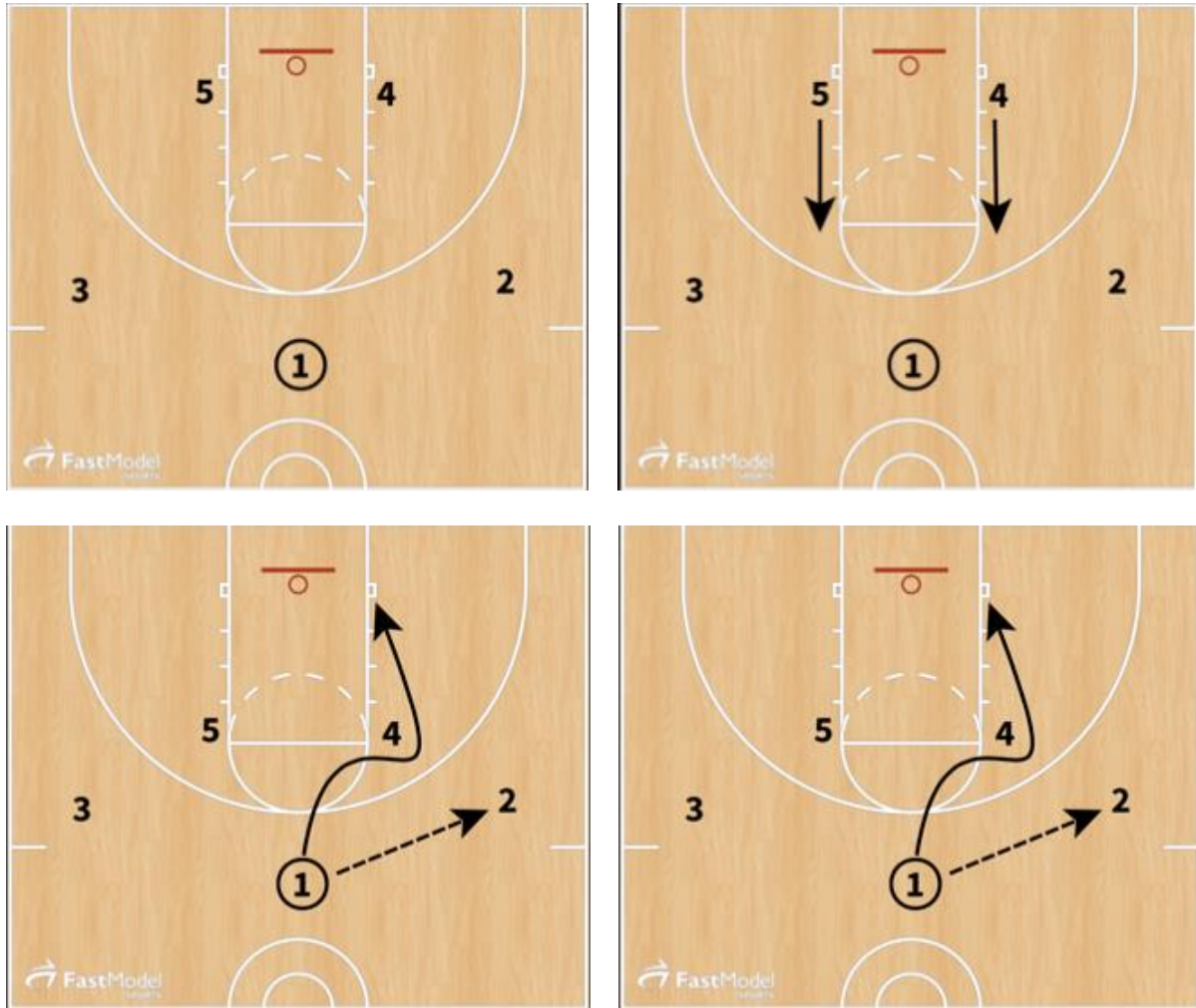
Duke



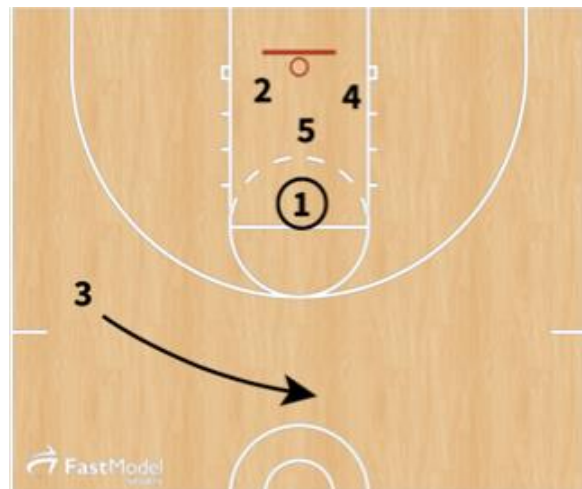
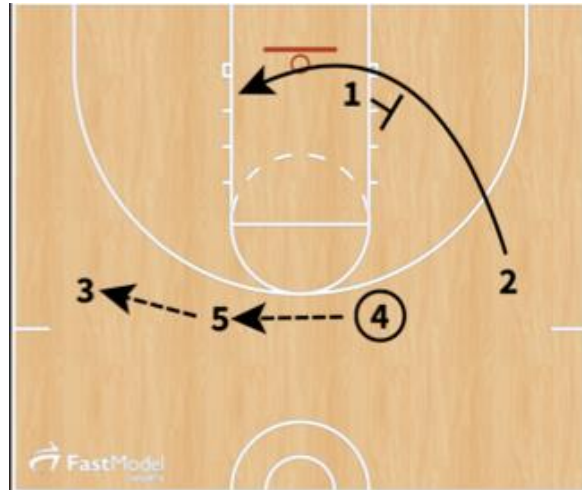
Duke (cont.)



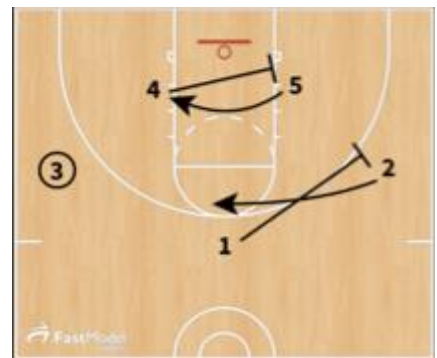
State



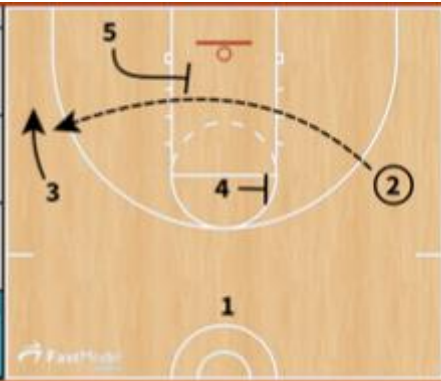
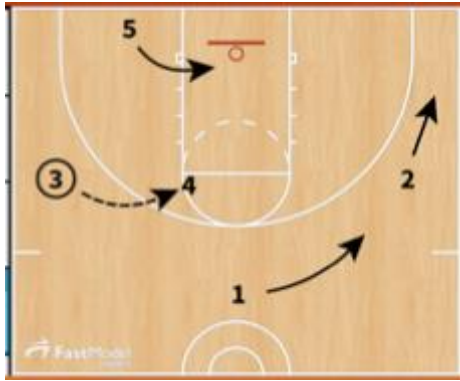
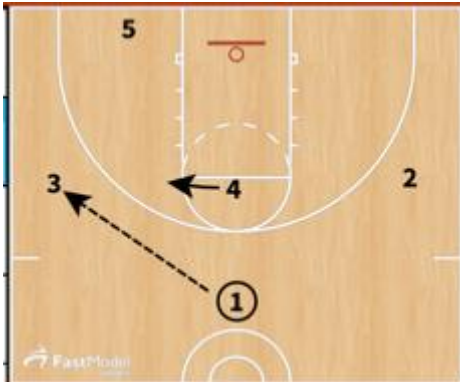
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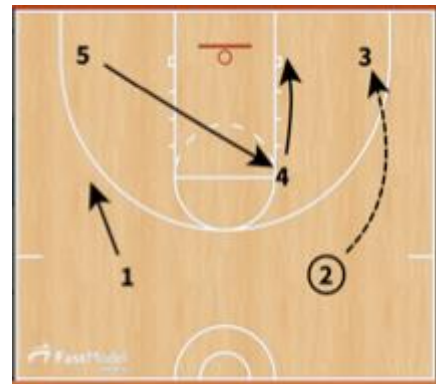
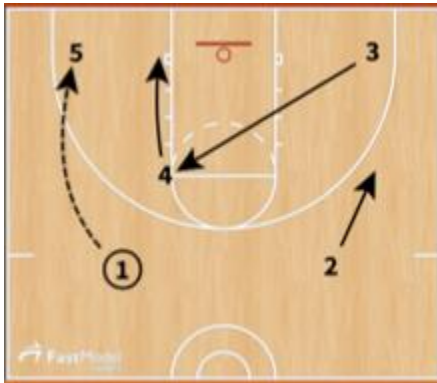
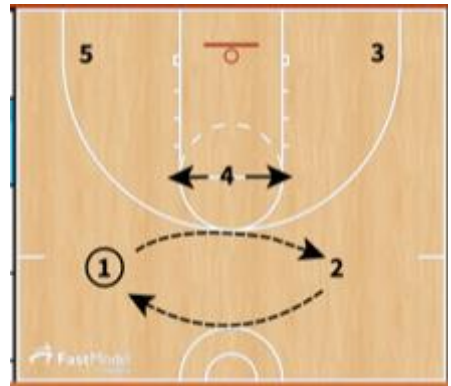
Wake



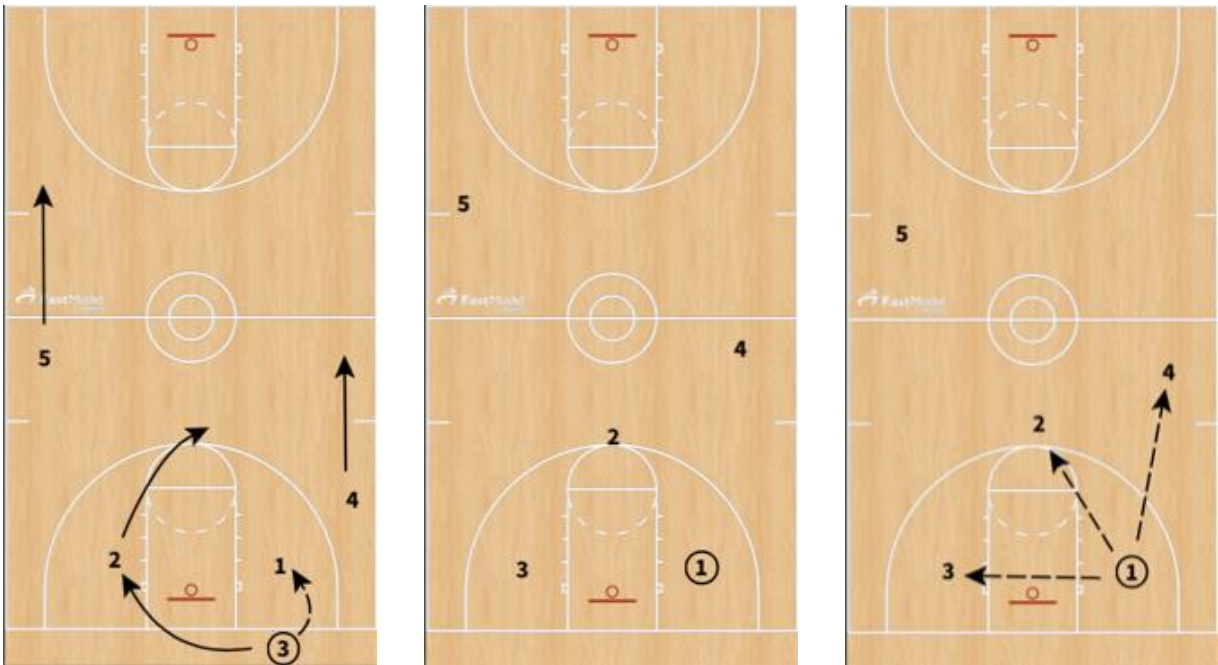
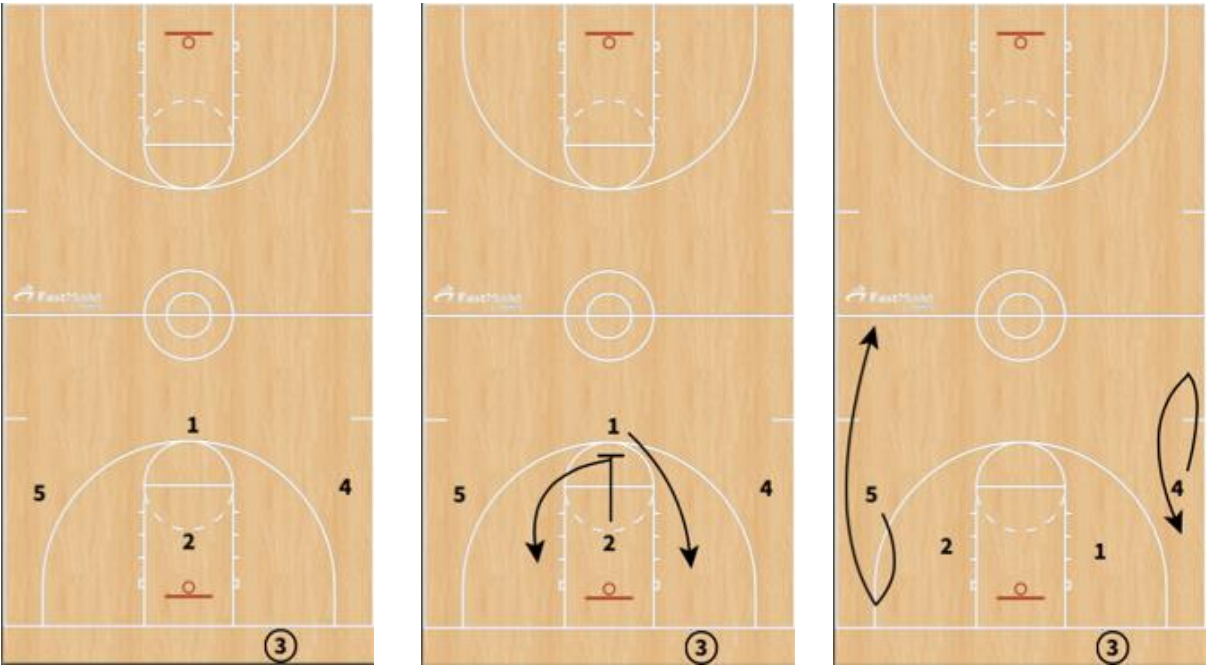
Clemson

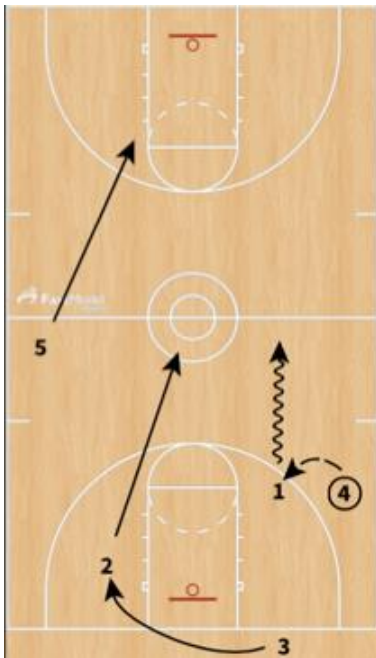
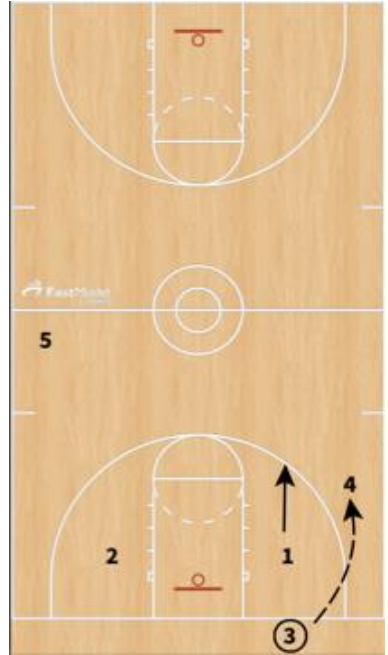


VT



Press Break

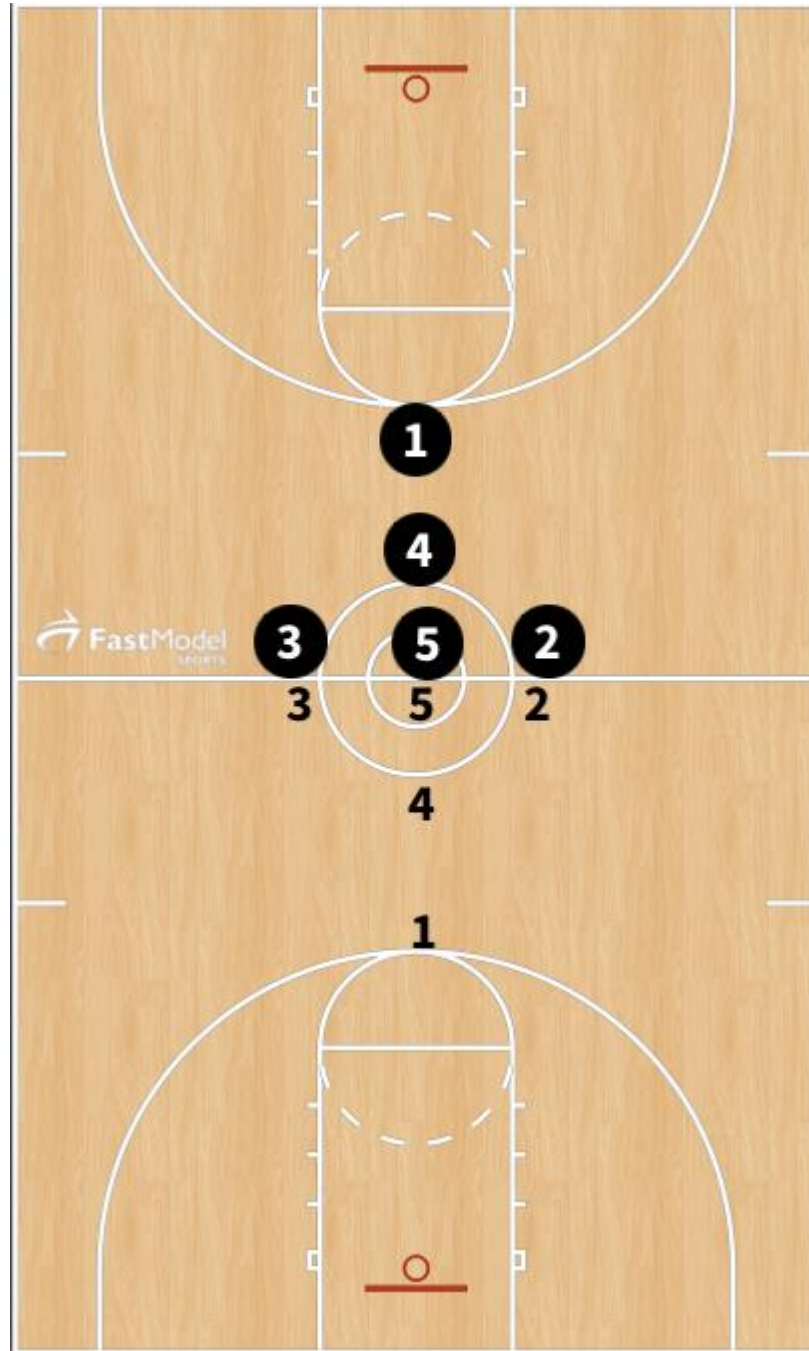




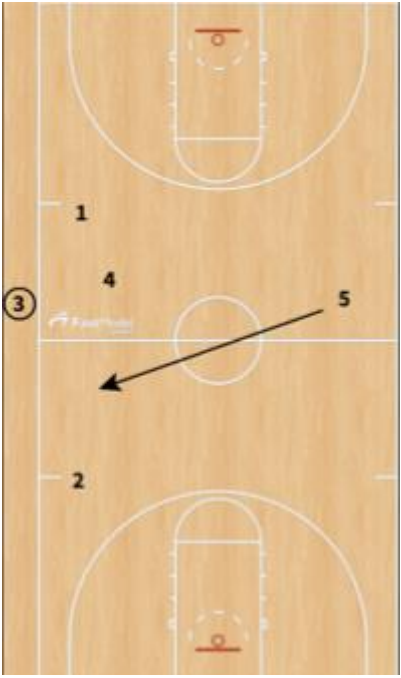
SPECIAL SITUATIONS

1. Jump Ball Tip
2. Sideline Out of Bounds
3. Baseline Out of Bounds
 1. BOX 1
 2. BOX 2
 3. BOX 3
 4. BOX 4
 5. OVERLOAD
 6. SCRAMBLE

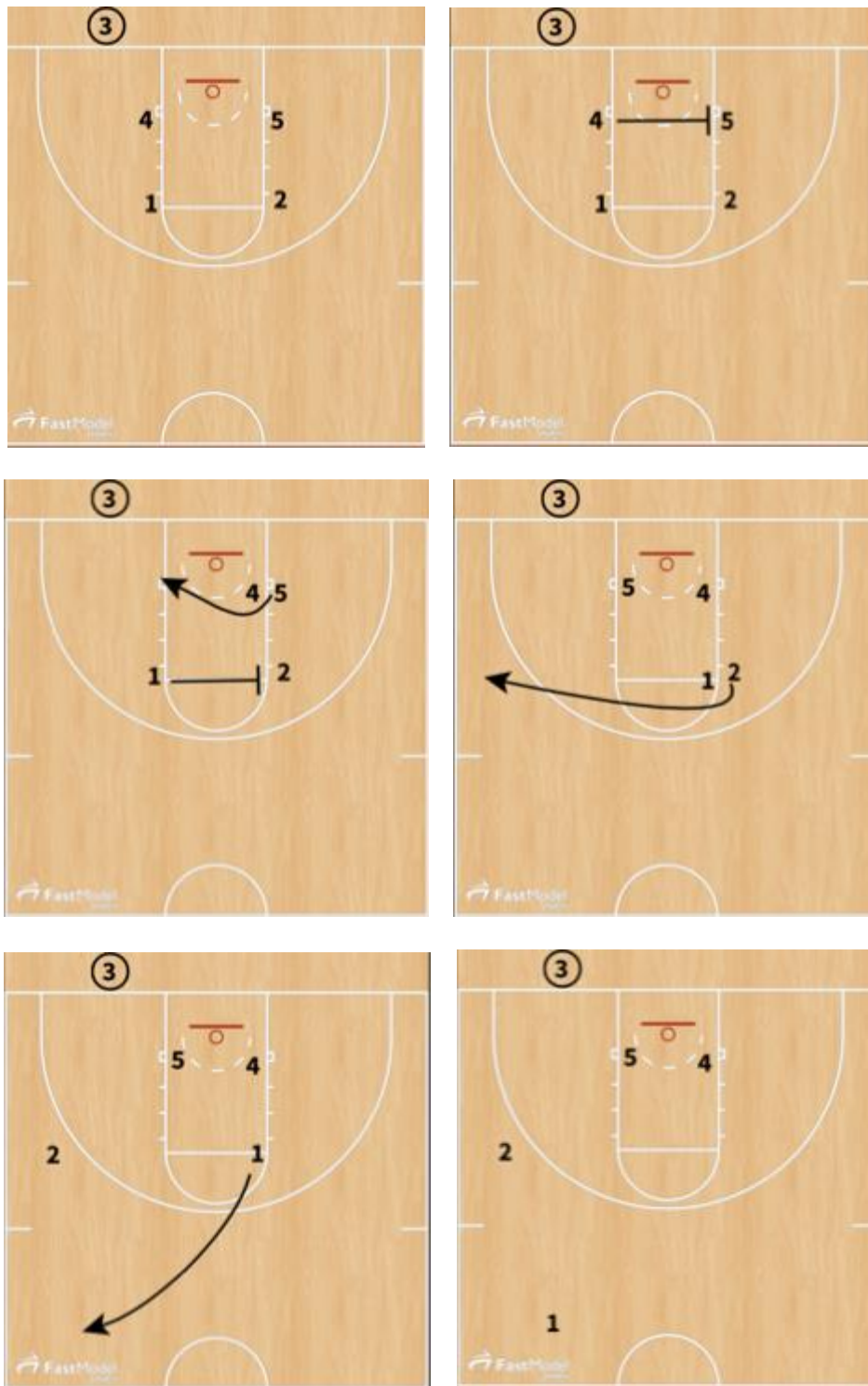
Jump Ball Tip



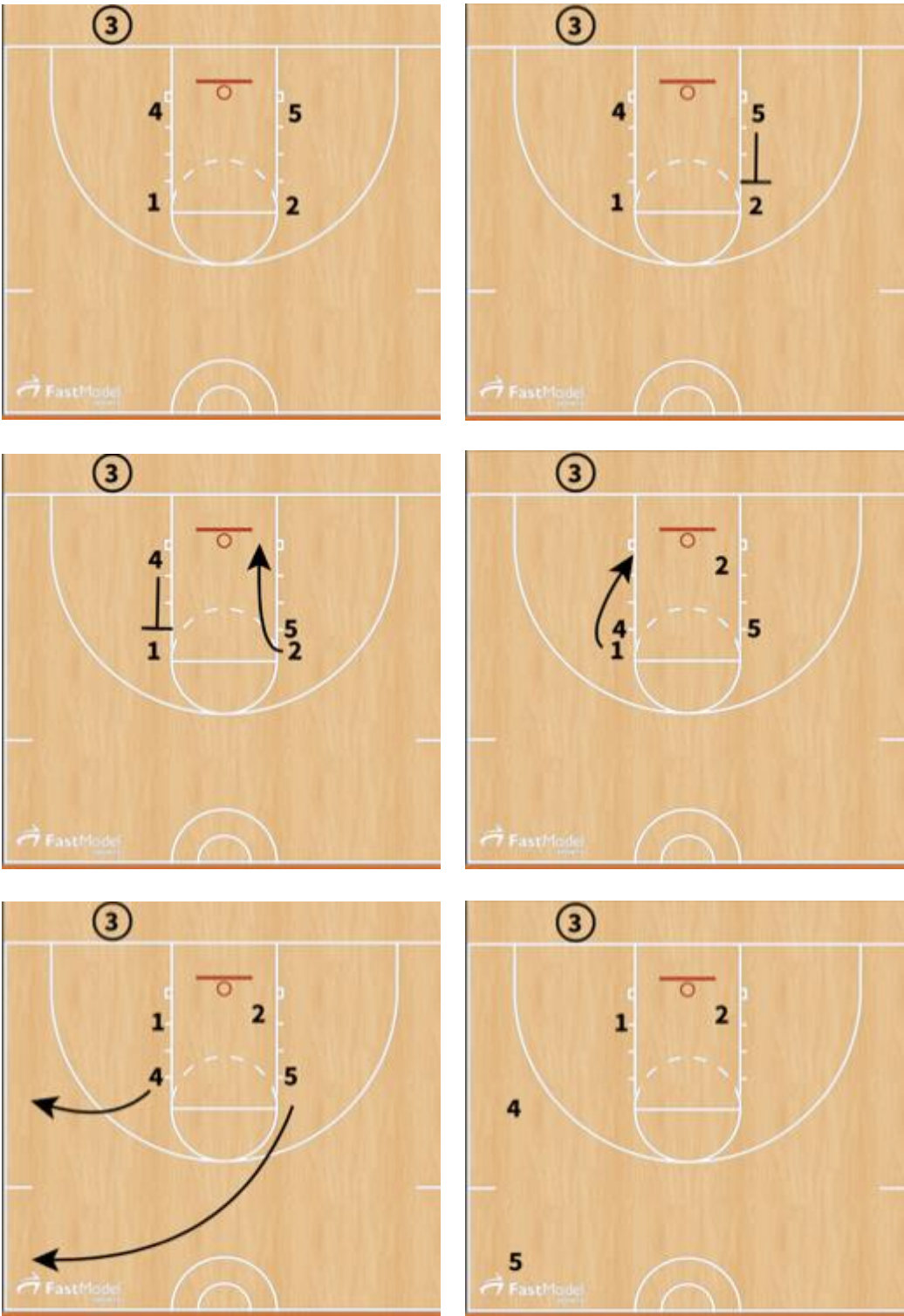
Line



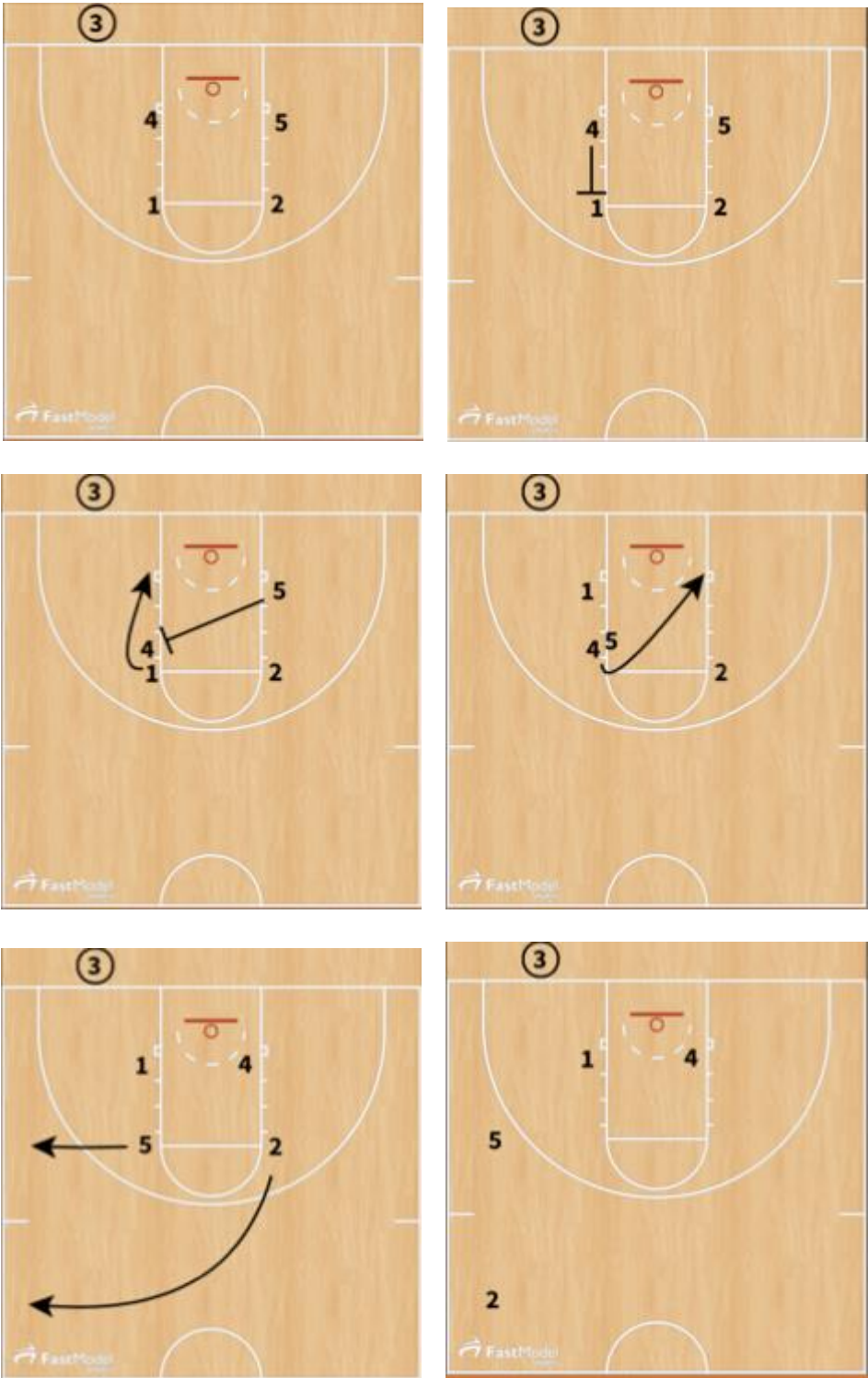
Box 1



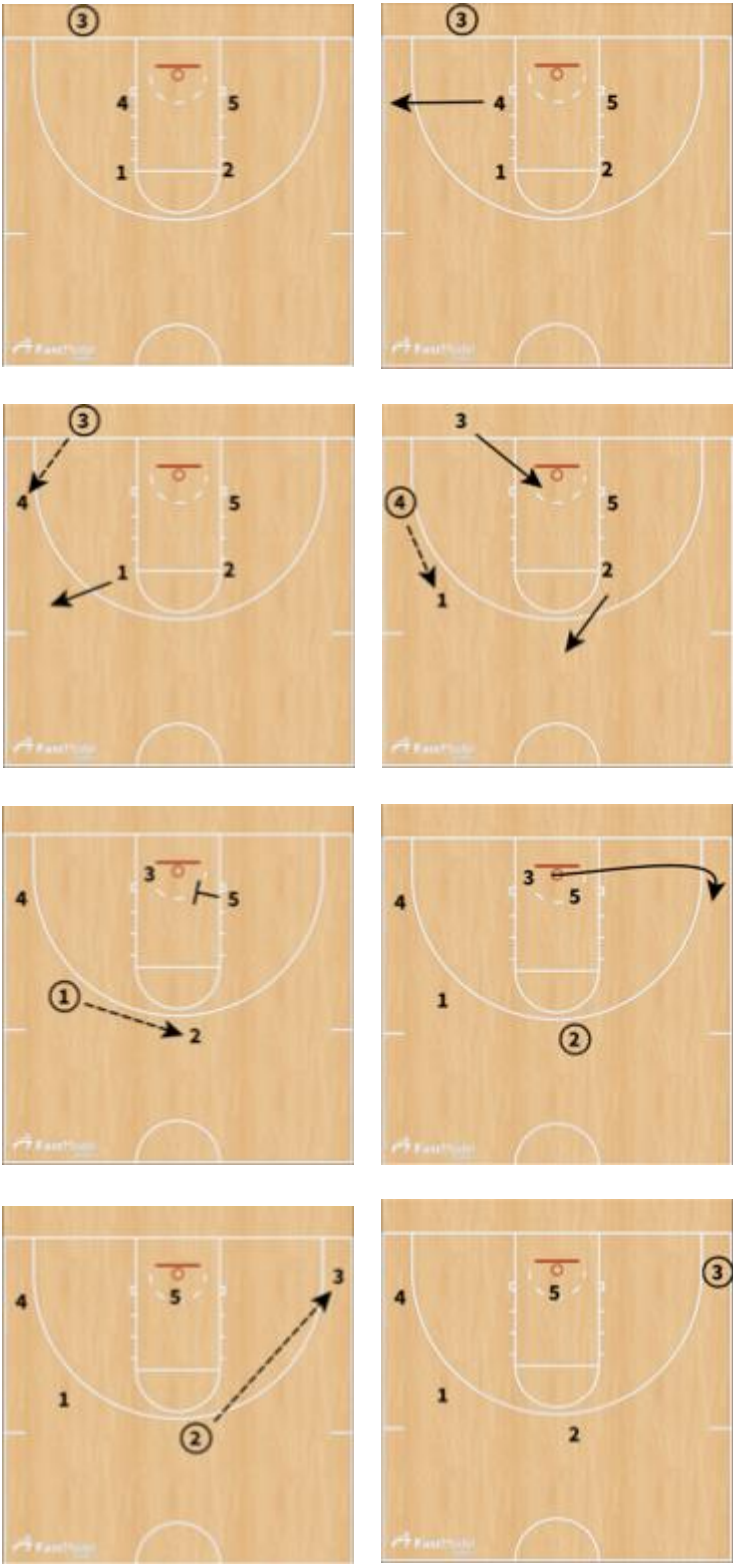
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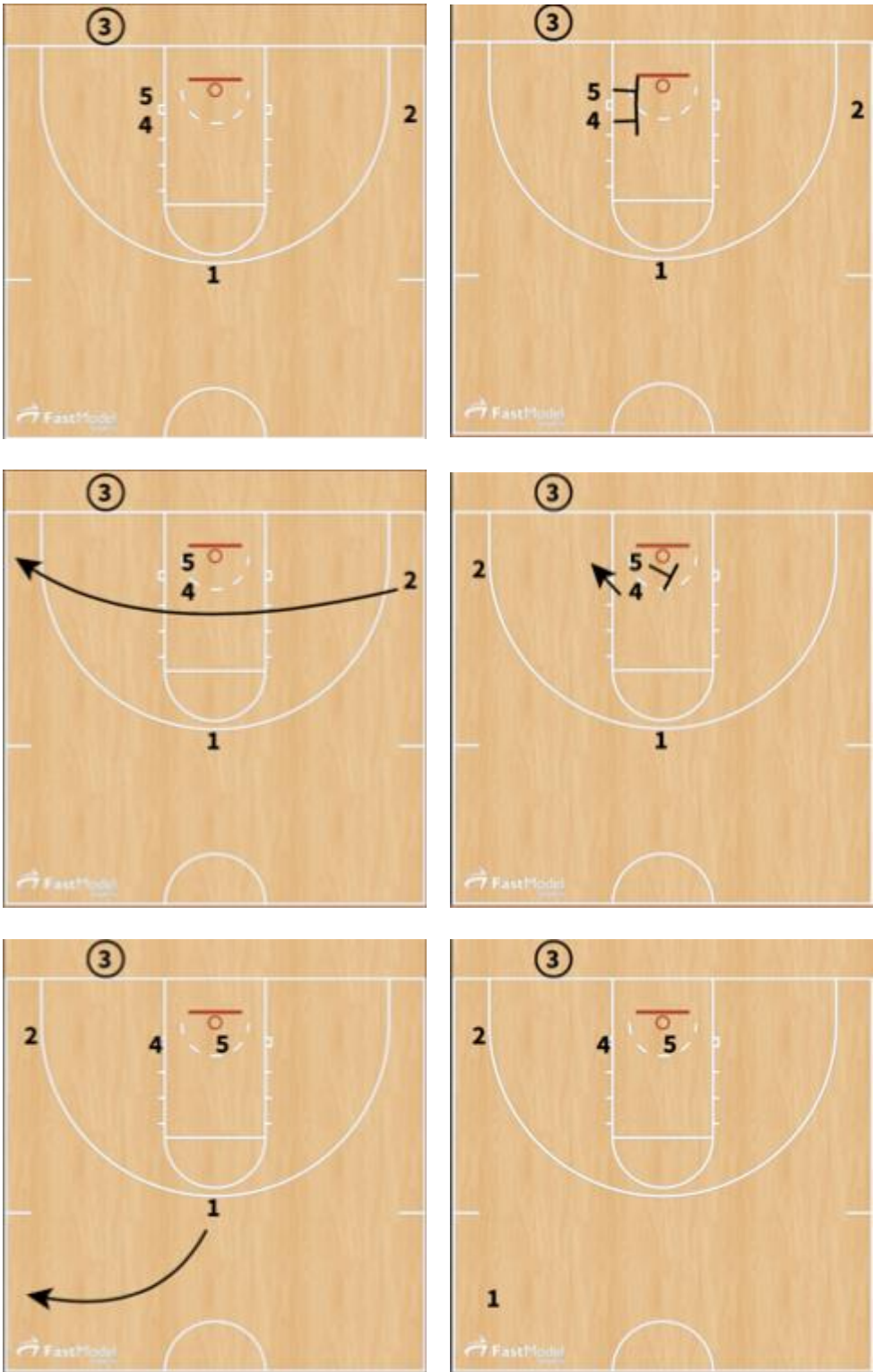
Box 3



Box 4



Overload



Scramble

