Mike Dunlap- 1-1-3 Man Zone Defense

Coaching Ideas and Philosophies

- Chase ideas (do not throw away philosophy because you can't change yourself)
- Do your drills fit you and your players?
- Know how student-athletes learn and the methodology of teaching- John Wooden
- Practice plan is like a term paper- rewrite it 4 or 5 times
    - Coach Wooden took 2 hours to put his practice plan together- at the beginning and end of his career
- Every year your team has a different story with different players
- Anytime you are part of something should have the philosophy- I think I can do a job for you
- Get a disposition in your gym that's second to none in terms of competing
- As an instructor you need to be
    - Organized
    - Have a routine
    - Teach how to compete
- Society is built on competition (inward- competing with oneself and outward- competing with others)
- No matter what you do in your gym everything stops and starts with you
    - Energy level
    - Preparation
    - Routines that they develop
    - Monikers of your drills
- Don't chase drills, chase 5 to 6 ingredients that will make that drill magical
    - Time
    - Score
    - Rotation of drill- talk to players until they get off the floor (offense-> defense-> in a line) when talking to players
        - Praise- get ears open
        - Prompt-
            - Tell them what you want them to do
            - Show them what you want them to do
            - Dry run- have them do it
            - Correct demonstration
            - Repetition (Lord and Master)
        - Leave
- What was this all about? COMPETIVE SPIRIT
- Coach Lavin

    - Good dude
    - Smart as a whip
    - Has it (the buy in)
- What do you stand for?
    - St. John's- the pass puts the defense out of position
- When somebody leaves your practice they should know there are three things you stand for
    - 1 thing on offense
    - 1 thing on defense
    - 1 thing mentally- won't tolerate (un-tucked shirts)
        - Why have shirts tucked in?
            - Precision intellect and conditioned response gets you out of a jam
            - Good enough for Army, Air Force, and Navy
            - Uniformity is intimidating
- What does Duke stand for?
    - Best huddle team in America
    - Charge- 4 guys coming over to pick him up
- Roll your scheme- UCLA in National Championship hedged hard every time- needed to roll scheme over (throw different looks at them)
- The symphony doesn't play when the surgeon is doing high risk
- Get on his ass the first time a mistake is made- ask why? (partly your fault also) Make sure it doesn't happen again
    - Second time a guy screws up a drill make a note- not an auditory learner- visualize it for him- Notebook?
- Have Q and A sessions in practice- not a free for all, practice needs to move along

Trying to Improve Yourself as a Coach

- Read/ DVD file
    - When it comes to getting better at anything- frequency of touches
        - Ex. The more shots you get up the better shooter you will be
- Look for the edge
    - Relationships allow you to find the edge
        - Sit down and have a tuna fish sandwich with one of your players from time to time
    - Have a file on each kid for relationships
        - Take notes when talking to somebody- shows what the other person is saying to you is important
- Watch great teachers teach (field trips)
    - Watch other teachers at your institution teach

- Social Media
    - Don’t be overwhelmed
        - If you know what you’re looking for it will never overwhelm you
            - This is the case with social media
        - Ask yourself what am I looking for?
- Notebook System
    - Document everything
    - Have a mission statement
        - Yourself
        - Your program
    - Books
        - Bounce by Syed
        - Unbroken by Hillenbrand
- Work on Teaching Methodology
    - Parenting class teaches methodology
    - Teach to pace- don’t rush your teaching- work on fundamentals (1/3 of every practice should be spent on fundamentals)
    - Use verbals (acronyms) in practice
        - Rename your drills- sticking point
- Have a mentor program
    - Your players need one and you as a coach should have one
- Practice plan
    - Get the most out of your practice
- Use other speakers at your practices- your voice can get old
- Stay open minded
- Drills are working when players are criticizing each other as long as it is in moderation
    - Older brothers take care younger brothers but sometimes kick their ass
- Coaches always believe in having no dominant hand but forget about feet
    - Have to practice pivoting on week foot

Keys to the 1-1-3 Man Zone Defense

- Sideline Pins
    - Starts press trying to keep offense on sidelines
    - Side ball screen is a non-factor (ball screen is iced and contained on the sideline
    - High/active hands on closeouts
    - Forces them to take time off the shot clock
- Extreme Ball Pressure
    - Hop into the ball
    - Early days when teaching- ok if you get beat
    - Focusing on

        - Deflections
        - High/active hands
        - Left hand in shot pocket (if right handed shooter has ball)
- Counting in the sideline alley
    - Knowing where offense is positioned so proper defensive rotations will ensue
- Denying high post and elbow
    - When the ball is in these locations ball reversals are much easier causing the zone to break down
- Fronting the post
    - Have to keep the ball out of the post
- Stunting
    - Soft traps- go back home
    - Help and recover
    - Don't slap down on the ball- get your hands up (slap up if you are going to slap on the ball)
    - Teach players to closeout with right hand because most players are right handed
- Rotating
    - Never give up on your closeouts
    - Tether closeouts- bring 2- one to contest, one to control penetration
- Trapping
    - Have triggers for traps (ex. Dribble hand off)

Disadvantages of 1-1-3

- Lack of accountability on rebounds
- Going to give up 3's
- Fouling
- Lack of accountability on transition defense

Advantages of 1-1-3

- Can hide a guy in foul trouble
- Rest periods on defense
- Teams practice man offense much more than they practice zone especially 1-1-3 zone
- Destroys Pick n' Rolls
    - UCONN averaged 50 pick n' rolls a game in 2010-2011 (ran 7 against St. John's)
        - Rolled pick n' roll defensive schemes
- Can't run pattern against this defense
    - Opponent has to let the kids play (takes great x's and o's coaches out of the game)
- Best DVD you can watch- Temple of Zone by Don Casey

Drills

- Punching at the Ball
    - Players 1 on 1 inside the 3 pt. line- right hand on the ball left hand out- elbow locked
    - One man chinning the ball and pivoting
    - Defender punching up at the ball with both hands
    - Jump back after a flick
        - Get in don't shoulder the ball (vulnerable to blow by)
        - Need to jump back to arm and a half distance from ball
    - Add one dribble to the right or left
- 4 on 2 No Pass
    - Go down 2 on 4 no pass (extreme ball pressure)
    - Feet and hands have eyeballs- point at man and the ball
    - 3 pillars of defense
        - Extreme ball pressure
        - Rotation
        - Rebounding
    - Come back 4 on 2 no pass

- 5 on 4 Overload No Dribble
    - Make drills harder than the game (forces players to play hard in drills)
        - Don't have to tell players to go hard in overload drills- if they don't they will get their ass kicked
    - When down a man on defense force the offense to make 5 or more passes- this takes you from an average defensive team to a great defensive team
    - John Wooden on the magic of coaching- getting people to do two things at once with your words
    - When on offense with numbers advantage don't make pass over split line (load line)
    - When the ball is in the middle reverse the ball- easiest way to get the defense to make mistakes
    - Change the drill up

        - Let the team coming down 4 on 5 dribble to half court than no dribble
    - X2 must make the man with the ball feel as if he can't dribble
    - When facing a zone it is great to get the ball into the corner- forces the defense to flatten out and allows for great post position on the strong side block
    - Key to all defenses- jumping in direction of pass
        - "time of pass, move your ass" –George Karl

- Defensive Cut Throat
    - Stance is the integrity of all defense and integrity of all offense- pressure the ball
        - Make your stance on defense get them out of their stance on offense
    - Anytime ball moves jump in direction of the pass
    - Communicate
        - Ball
        - Help
    - Hands
        - Waste level
        - Shoulder level
        - Contest level
        - Never knee level
    - 3 teams of 3
        - Offense to defense to off
        - Offense
            - Score- go to defense
            - Stopped- off
        - Defense
            - Stop- stay on defense
            - Give up score- off
    - No dribble
    - Working on
        - Jumping in direction of the pass
        - Being loaded to the ball
        - Closing out
        - Denying one pass away

    - First to 3 stops wins
    - Charge automatically wins

More on 1-1-3

- Sideline pinning
    - Depending on 3 players, not one
        - Ball
        - Post
        - Elbow

- Counting
    - When 2 on sideline and one post you can bring forward up and keep guards tight
    - If x4 has to come out and guard 2, x2 will bump him down when he can get out there

- Jump in direction of pass
    - Run to skips
    - Slide to next pass
- If 2 closeout on ball- automatic soft trap and help defense adjusts accordingly
- Elbow coverage
    - If guards are covering the elbows forwards are uo
- Whenever the ball is shot through the middle alley the rebound is coming through boxes and elbows
    - Weak side wedge- sandwich man on weak side block
    - Weak side elbow- rat man- get middle
    - Fill all spots
- Rebounds- leave your feet
    - Shot hits cylinder- 3 sets of shoes up in the air