



Several years ago Coach Mark Gottfried gave this handout out at a coaching clinic. This is a great starting point from an excellent coach, but the order you cover these and whether you add or delete any topics should change based on your team every year.

Things to Cover Before the First Game

Mark Gottfried, North Carolina State Head Men's Basketball Coach

1. M-M Offense – against $\frac{1}{2}$ court pressure, full court pressure or sagging defense.
2. Zone Offense – against (2-3) – (1-3-1) – (1-2-2), chaser or gimmicks
3. M-M Defense – Full – $\frac{1}{2}$ - Top of Key
4. Zone Defense – (2-3) – (1-3-1) – (1-2-2) – (1-4)
5. Zone Press – (1-2-1-1)
6. Full Court Press Attack – $\frac{1}{2}$ court Press attack
7. Foul Shooting – lining up – def. – off. – stunts
8. Out of Bounds – Zone – Man (offense)
9. Defending Out of Bounds – Zone & Man
10. Stall Offense (60 pt. game- 1st to 60 passes, no screens, no dribble, 5 for layup)
11. Fast Break Offense
12. Need ball defense – “how to foul”
13. Jump ball situations
14. Last shot – against zone – man, full or $\frac{1}{2}$ court, sideline, underneath
15. Work against different defenses – “box and one,” “triangle and two,” etc.
16. Rules- cover all changes
17. Bench conduct
18. Pre-game warm-ups

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