

## Jaguar X's & O's: Keep it Simple...

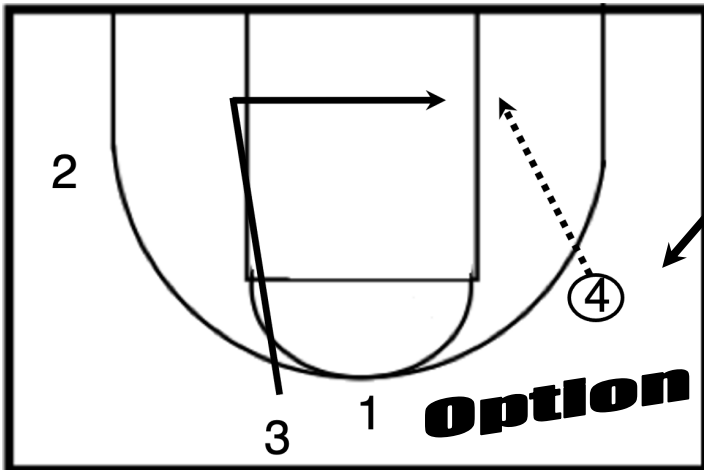
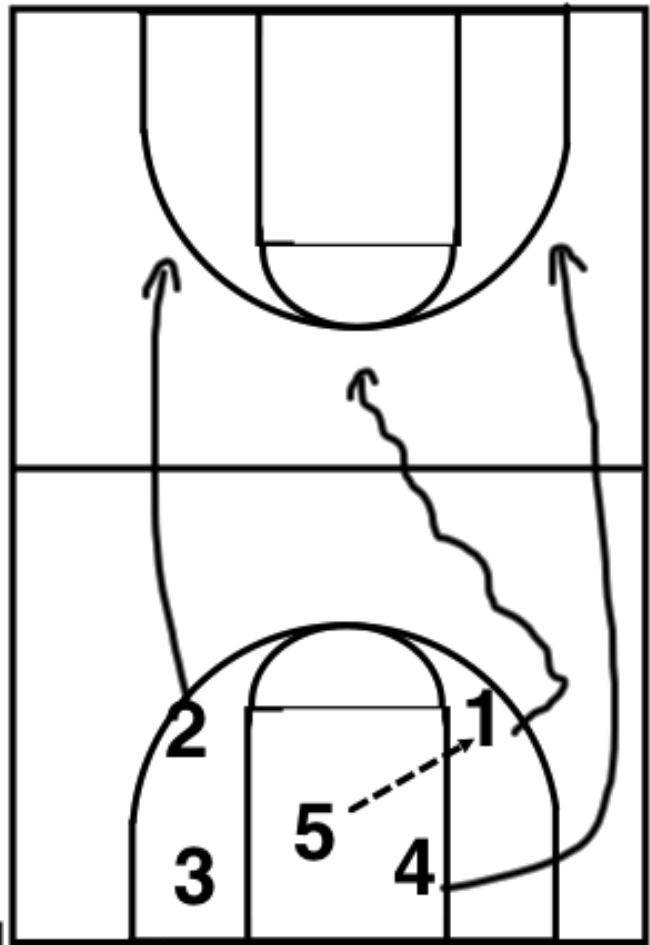
- I. What people have taught me:
  - A. Make your own luck/catch a break/seek out the best people
    - Them dang ACL's...
    - 2 coaches with 5 or more titles
    - Two savvy assistants over 31 years
    - 1000 point scorer? 23 500-point scorers. 3 of them here today.
    - Still employed after Jensen, Frauendorfer, Neuvirth, Wiedner & Emanuel
    - "No pressure to win"
    - Boys and Girls State
  - B. At the end of a four-game team camp
    - Old habits rear their ugly head
    - Lockheed: a principle of design—to avoid complexity
    - Simple at the Big Dance. It's loud, & they've scouted you for a week.
    - Let's be honest—how many times are you gonna trick them? Talent wins.
    - It's not about the last name, but -- Just hit the backboard!
    - Microsoft Word 2004
- II. Transition: a middle break
  - A. Why we don't do a sideline break
  - B. Six options
    - Through the shoulder, don't stop unless she stops you
    - Head fake and bounce pass
    - 3-ball at the wing—absolutely necessary late in the game
    - Flash the big dog
    - Trailer at the FT line
    - Heave it down there
  - C. Got to reinforce constantly—keeping it simple
  - D. 4 on 3 Fast Break
  - E. 60-Second Fast Break
- III. 14 Press Break:
  - Chuck from Wisner-Pilger
  - "We just match-up"
  - "She's tired"
  - Sell your jab-step
- IV. Four-Flat
  - A. Front or behind with rolling
- V. Four-Corners Delay
  - Shot Clock? Everyone's right— talented person on a Friday night in Dodge.
  - Screen Away & Meet your pass
  - Use your Big
    1. Always circling, but always ready to meet the pass
    2. Pivot & look back door, they'll retreat
  - Only taking lay-ups
- VI. If time, any O or D questions? If not—[spolacek@hdcjags.org](mailto:spolacek@hdcjags.org)

# Jaguar Transition: a Middle Break

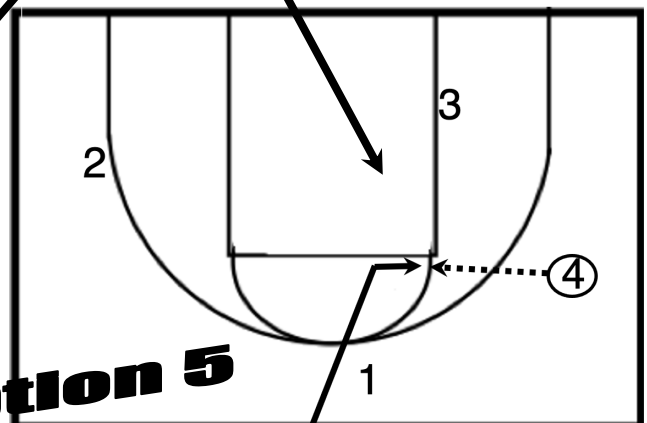
**Middle-Wing-Trailer! Force the D to stop you in the paint, opening up our other options.**

**SIX ways we can score in transition!**

- A. Outlet, and let your guard finish. Go hard, finish through her shoulder, and don't stop—unless stopped.
- B. Point (1) takes it to the middle and we'll finish with a bounce pass, either 2 on 1, or 3 on 2.
- C. Point—with no more than two dribbles, to the middle & kick it to 2 at the wing. 2: Set those feet, this shot may win the game for us.
- D. Middle, Wing—then to 3 who flashes from the opposite low block.
- E. Hit 5, the 2<sup>nd</sup> Trailer, at the FT line for jumper.
- F. The baseball pass that happens once or twice a game.



**Option 4**



**Option 5**

## Jobs:

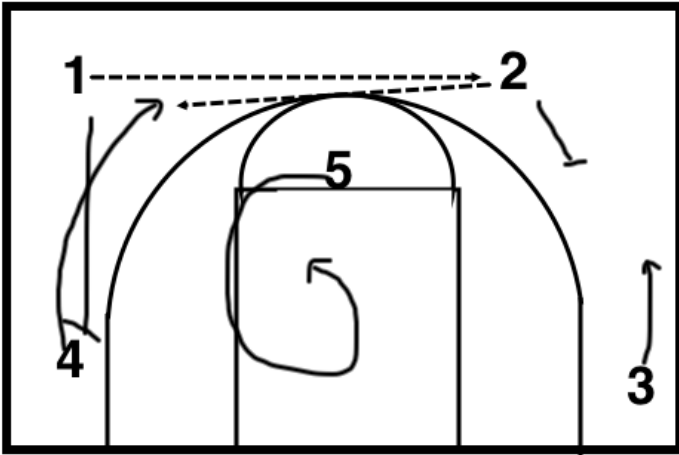
Point: get the ball to the hole the quickest. You are going to the middle with aggressive ball handling.

2 & 4: Fill lanes, WIDE. 1 will get you the ball, set feet, start the secondary break or drain it.

3: Find the gap opposite of the ball, then cut hard to the block, and go up strong & lift the ball.

5: You worked hard for that rebound, take your time getting down court; find the hole in the defense, usually at the ball-side elbow.

# Specials



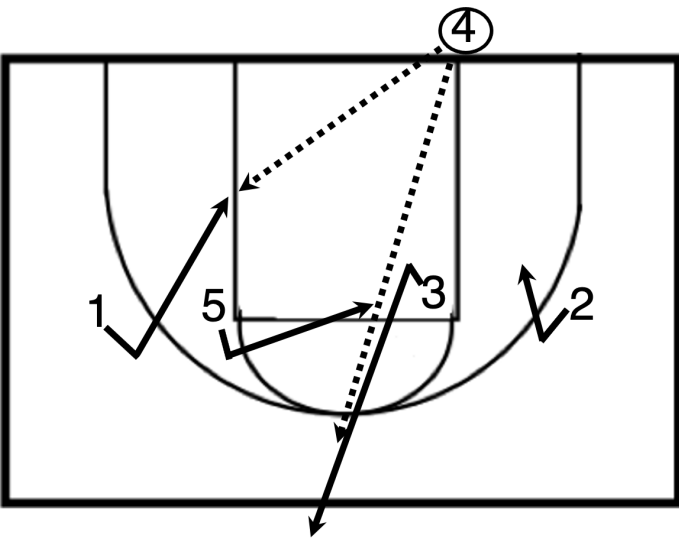
## Four Corners

With under 2 minutes, the lead, and a desire to play some great keepaway!

2: Eyes up—you've got 2 options. Hit 4 coming up or 5 flashing. Don't let your shoulders dictate everything, and once you've passed, have discipline to set a GOOD screen.

4: meet your pass. Force that defender to go through you if she wants a steal.

5: Circle—but regardless, you will be WHERE the guard needs you WHEN she needs you.



## 14 Breaker

Vs. full-court denial man press.

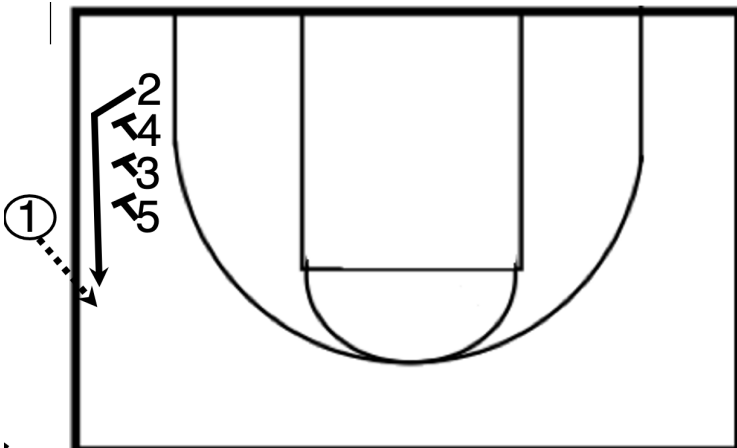
Jab steps are everything here. Sell it.

1: meet your pass, and we'll probably clear out for you.

5 & 2: Jab deep, and be the safety if 1 & 3 aren't open.

3: Listen for the call, or read 4's eyes, and go deep. This doesn't have to be a lay-up. Just soften up the defense for us.

4: We need a long pass that bounces right around half-court.



## 4-Flat

A full-court SLOB Vs. that team that plays denial-tight-man late in the game.

5: Line up across from the inbounder, with enough space from the sideline. You, 3 & 4 will roll after 2 flies by.

2: You can go either side. Read the D, and sprint in front or behind your teammates, looking for the best opening.

1: You can hit 2 on the fly, or lob it far ahead, if 2 can get a lay-up. Just don't turn it over on our side of the court.