

## MICHIGAN STATE UNIVERSITY

### *Spartan Basketball* *Individual Skills/Thoughts*

MSU Assistant Coach Jim Boylen did a lot of individual skill work with the Spartan players. Coach Boylen is in his first year at MSU, he spent 13 prior years as an assistant in the NBA. His ability to simplify the game and his terminology was excellent! I could have listened to him for ever – he was worth the trip alone.

#### **INDIVIDUAL SKILLS/THOUGHTS:**

##### **PERIMETER PLAY:**

- Skip into ball moves
- Push dribbles! First dribble after ball move or ball screen
- Zig-Zag Shooting – 12 spots around arc, never shoot the same shot from the same distance 2x in a row
- Long Lay-ups – extending the drive & shot
- 25 ‘Pro-Spot’ Shooting – Start in the corner (on a make) and shoot 5 shots at the corner, wing, top, wing corner
- Pocket Shot – area behind the ball screen
- Drag Dribble – protected dribble, to get into a offensive set or scoring position
- Don’t drive for lay-ups – Drive for pull-ups!
- Transition Offense – flatten wings to extended blocks = better drive lanes in break
- Vs. Zone Defense – shrink the seam = get 2 to guard 1
- Tighter Ball Fakes
- 1 on 1 ‘Read’ Moves – play more 1/1 – 2/2 – 3/3 half court

##### **INTERIOR PLAY:**

- Shuffle Dribble = multiple bounces to gain position & set up moves
- Hook & Combo Moves = 2 primary post moves emphasized
- 2 Feet in Paint – best position to receive ball from any spot on the floor
- Range Rebounds = getting rebounds (especially ORB) out of your range
- Clean Rebounds – lead to quicker offensive transition

##### **FREE THROWS:**

- Minimize any extra movement – condense the shot
- Use shooting muscles ONLY – NO shoulders, back
- Don’t suck it out = Don’t pull your shoulders
- If a player doesn’t meet your standard/TEAM standard (ie. 70%) – you have a coaches right to change their routine

#### **REBOUND % FORMULA**

*(Used to determine offensive rebound %)*

Your ORB + Opponents DRB = ?

Divide your ORB by ?

***35% is acceptable & 40% is good***



# MICHIGAN STATE UNIVERSITY

## *Spartan Basketball*

### *Notes from Coaches*



## TRANSITION THOUGHTS:

### **OUTLET PROGRESSION –**

*Watching MSU film I was amazed on the % of times that the PG was in the same position to receive the outlet and advance the ball quickly. This is the first phase of their running game and the entire Spartan Staff emphasizes it extremely hard.*

- 1/0 – PG **sprints** to sideline hash, back to sideline. Turns to **immediate** look up floor – preferably to wing opposite.
- 2/0 – PG & Wing
- 3/0 – PG, Wing & BIG
- **“Bite the Rim”** – BIGs always run the tube and establish position that defender opens them to

## TSP

Time – Score – Possession

~Drew Neitzel, Soph. PG

*(Most important thing to know when playing for Coach Izzo)*

### **DEFENSE & REBOUNDING –**

*Emphasized – Demanded – Drilled – Re-emphasized – Commanded – Preached - - - any word or phrase that can be thought up to get this point across was mentioned. They just seem to walk a little tuffer than most TEAMS. They are groomed to do things that other TEAMS aren't – and when you break it down that's all the Defense & Rebounding is!*

### **DEFENSE –**

- Defend the Elbow & the Block – NO matter where the ball is!!
- Help in the Nail = helpside (nail hole @ FT line as reference)
- Everyone Guards the Dribble – Play a ½ man off the line and a man ½ to the ball
- 4 to the Offensive Boards – especially when you can play 8 – 10 people
- Post Defense – Keep the ball out of the box – NO matter where the ball is at on the court (*MSU tapes a box that it a 3' rectangle spacing from 1' outside each low post block and runs thru the lane*)

### **REBOUNDING –**

- WAR – Any # of players, Any dimension, Any spot on court, Many times during practice
- A Clean Rebound – leads to quicker breaks
- WAR – to fast break drills (3 TEAMS – Cut Throat format)
- Shorten Shot Clock during practice = more critical possessions during practice!

**“Get the BEST fit for your program, NOT the most talent for it.”**

*~ Coach Izzo, MSU Basketball*

**MICHIGAN STATE UNIVERSITY**

***Spartan Basketball***

*Strength – Conditioning – Agility*

**LADDER DRILLS:**

(15" x 15" squares – 18 total squares)

*Imagination is the only limitation – used a nylon ladder but most of us have it taped to the floor somewhere. We emphasize to our players that they need to imagine they're jumping over a pencil. Feet hit and leave the ground as quickly as possible!*

**STANDARD DRILLS –**

- R/L Single Leg Hops – side/side
- R/L Single Leg Hops – front/back
- Both Feet in Each Hole – side/side - - front/back
- Both Feet in Every Other Hole – side/side - - front/back
- Bunny Hops – hit the hole, jump outside ladder, back in hole, jump opposite side of ladder
- Hip Twister – same as grapevine runs
- Zig-Zag – skip a hole to cover quick ground
- W – jumping front/back in W shape
- Slalom – just like snow skiing, quick 2 feet
- FINISH – every trip w/ a 5 yd. burst

***"Practice is for real!"***

*~Mike Vorkapich, MSU Strength Coach*

**WARM UP & COOL DOWN ACTIVITIES –**

*I was amazed how simple yet effective their work day was. Many times we over think these phases of our workouts but it's vital to the success of your plan. Anything you can do to get your players heart rate up and core temp elevated. Don't complicate warm ups or cool downs.*

- Bear Crawls – we've all done this one, great total body exercise
- Jump Ropes – we do 10 sets of 15 – 25 reps (R/L, boxers feet, both feet)
- Line Jumps – standard Foot Fire drills
- Dots – any patterns you can imagine
- Lunge Matrix – clock steps (12, 3, 6, 9 o'clock) - - step lunges at each # on the dial, 3 sets w/ each foot
- Ab Work – if it works the core (abs/lower back) they do it !!

***"Positive Peer Pressure"***

*~ Coach Vorkapich*

*(Eluding to coaching a TEAM Mate)*

## SAND BAGS –

*This was the best part of the entire workout! The intensity it brought out in the TEAM was amazing to me. Mental, physical and TEAM toughness is a big focus and can be built when the bags come out. Rogers Company (football catalog) makes these and they would be well worth the investment. You can get them in 25, 35, 50, 75 or 100#. Ours are on the way!*

## **EXERCISES:**

- Wall Sits – MSU would start w/ 300# sitting on the lap of each player. At 1 minute they would peel some weight off, then more weight as time went along.
- Split Squats – hold the bag however you'd like, if you dropped it you had a consequence.
- Farmer's Walk – hold bags by handles and walk high on toes, great competition drill
- Roman Dead Lift – for hamstrings
- Lunge Matrix – w/ bags!

**“LIFTING IS 100% MANUAL LABOR.”**

**~ COACH VORKAPICH**

**(COMMENTED TO SPARTAN PLAYERS)**

## WEIGHT LIFTING SESSIONS –

*I was able to catch an upper & lower body workout. Again, amazed at the few number of different lifts executed – it was the work put in by the coaches and players that was eye opening to me! Every TEAM session I attended seemed to be more spirited than the next. Here are a few of the exercises that caught my attention.*

## **LIFTS/EXERCISES:**

- Rope or Towel Pull-Ups – great for hand strength and overall tuffness! 40 sec.
- Single Leg Lifts – especially dumb bell lifts for shoulders/upper body, balance
- Internal/External Rotation – w/ thera-bands or light dumb bells
- Military Press – arms parallel vs. touch chest, especially for BIGS
- Primary Lifts – 8/6/4 reps this time of year
- Focused On – pushing & pulling muscles the same
- Push Press – split stance or parallel stance
- Shoulder Shrugs – exploded thru up onto toes!

**Players Play - - Tuff Players Win!**

**PPTPW**

**~ MSU Spartans**

**(Players said this to one another)**

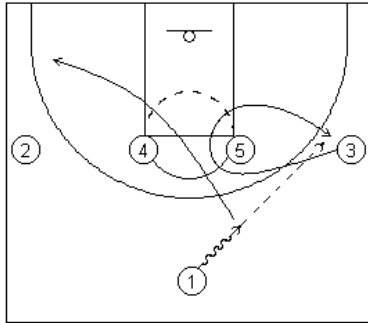
*“Getting a kid to do something they don't want to do”, that's they key to success in the weight room.*

*~ Coach Vorkapich, MSU Strength Coach*

# S MICHIGAN STATE HALF COURT SETS

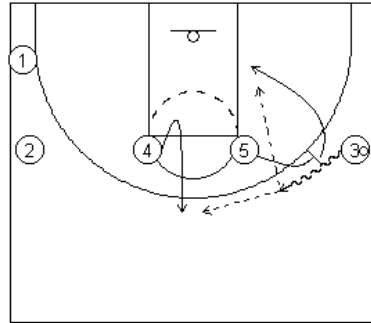
## HEAD COACH TOM IZZO

### 1-4 FORMATION

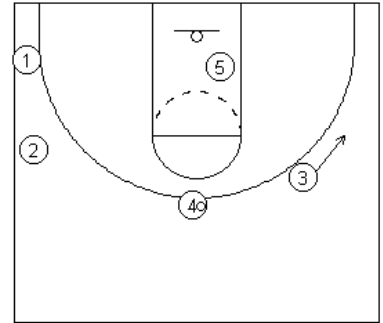


3 cuts around 5 to get open for the hit from 1. 1 then clears to the opposite side.

### PICK / ROLL POST ISO

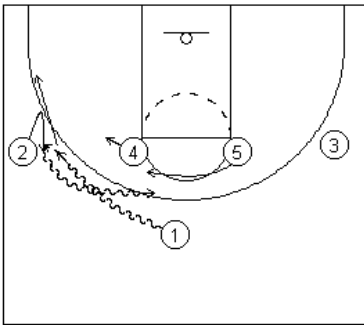


5 goes on ball with 3 and rolls to the basket. 4 v-cuts to the top for the reversal and looks high / low

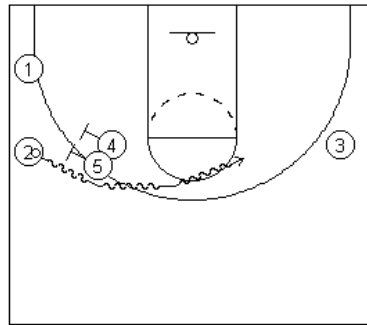


3 spaces out. The lane is cleared for a post iso for 5.

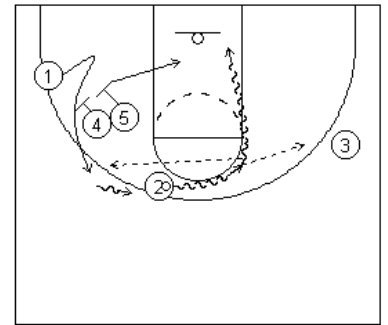
### DRIBBLE HAND-OFF / DOUBLE AWAY



1 dribble enters to the wing and hands-off to 2

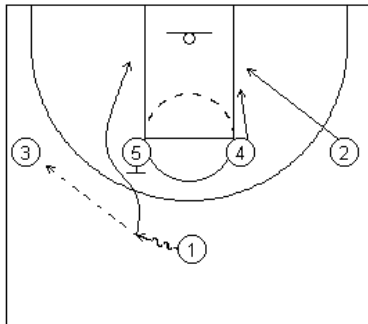


2 dribbles off a double ball screen by 4 / 5

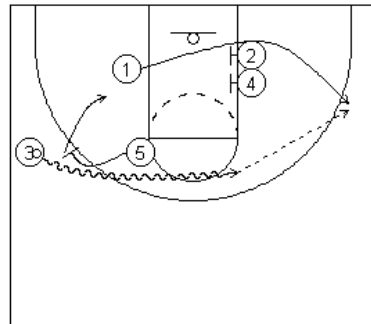


2 dribbles across looking to turn the corner. 4 / 5 double away for 1. 5 looks for the slip.

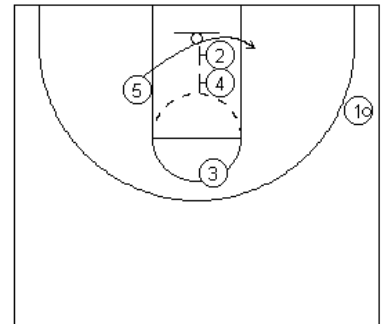
### HAWK ACTION



1 enters and cuts off the UCLA screen from 5



5 goes on ball with and rolls. 3 drags and looks for 1 cutting off the base double by 4 / 2



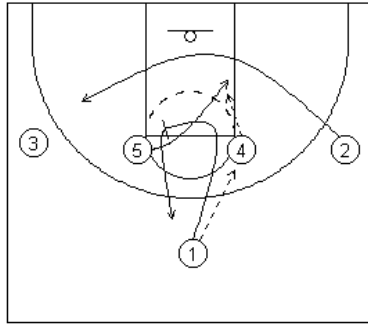
4 / 2 continue across and double for 5 to the block

# S MICHIGAN STATE HALF COURT SETS

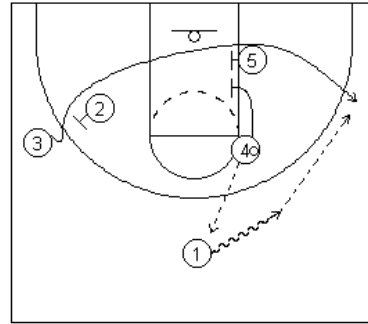
## HEAD COACH TOM IZZO

### 1-4 FORMATION continued

#### CROSS SCREEN 5 / TRIPLE SCREEN



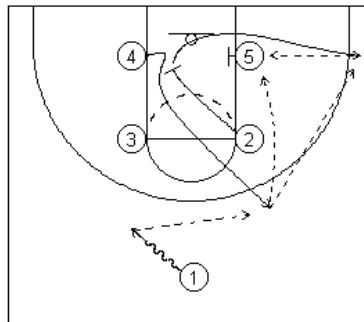
1 enters to 4. 2 back door cuts through to the other side. 1 fakes a basket cut and cross screens the 5 to the block. 1 replaces to the top.



4 kick out to 1. 3 then cuts off the back screen by 2 and a base double by 4 / 5 for the jumper.

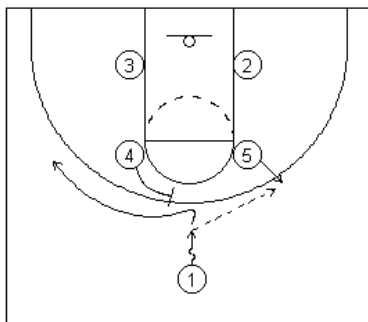
### BOX FORMATION

#### SCREEN / SCREENER

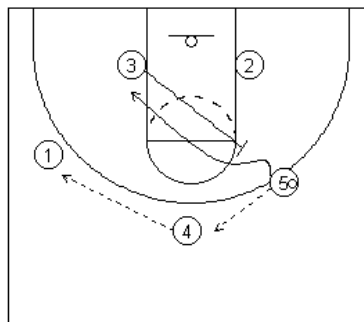


1 starts to dribble to a side, as this is happening, 2 down screens 4 to the top. 2 cuts off a base screen by 5. 2 looks for the jumper or post entry.

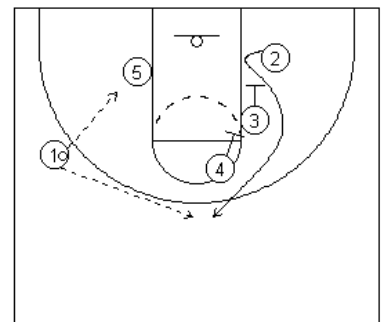
#### RIP SCREEN POST / DOUBLE DOWN



1 enters to 5 and cuts off a flare by 4.



5 reverses to 4 then to 1. 3 sets a rip screen for 5 to the block.



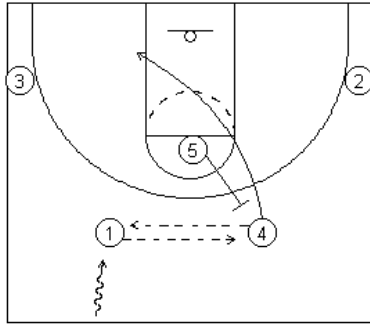
4 / 3 stagger down for 2 to the top.

# S MICHIGAN STATE HALF COURT SETS

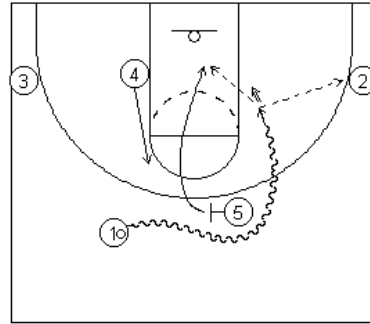
## HEAD COACH TOM IZZO

### ON BALL SETS

#### BACK SCREEN / PICK – ROLL

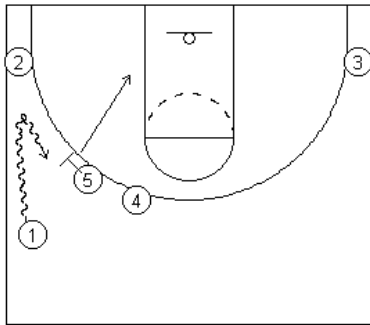


After 4 reverses back to 1, 5 back screens 4 to the basket.

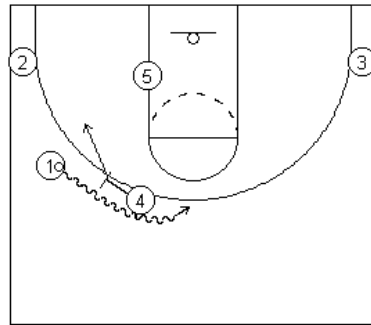


5 turns and plays a pick and roll with 1

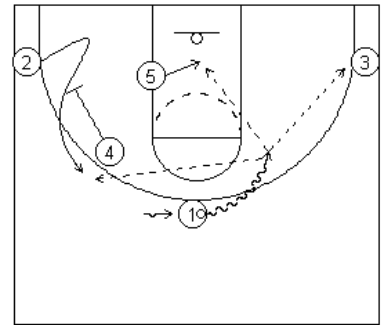
#### SLIP / BALL SCREEN / DOWN SCREEN FOR SHOOTER



1 fakes on ball and slips to the basket.

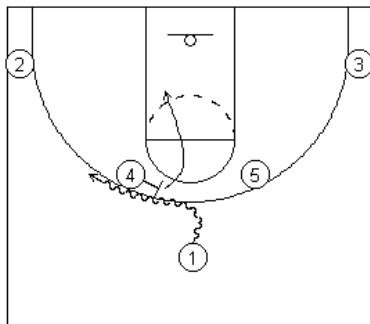


1 continues to come off an on ball by 4. 1 looks to turn the corner.

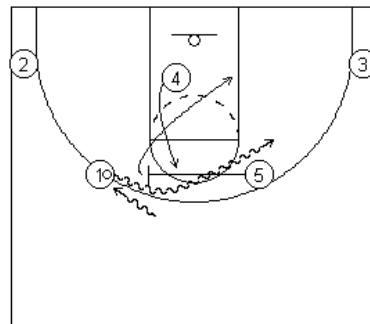


4 down screens 2 to the top. 1 works to get to the lane.

#### ON BALL / RE SCREEN



4 / 1 pick / roll



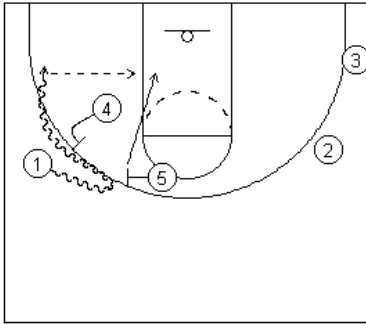
1 reverses dribble and play pick / roll with 5. 4 cuts back to the top for high/low option.

# S MICHIGAN STATE HALF COURT SETS

## HEAD COACH TOM IZZO

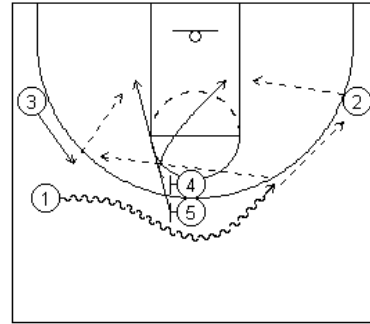
### ON BALL SETS continued

#### SLIP / REVERSE ON BALL



1 dribbles towards then reverses to go on ball with 4. 5 slips to the basket

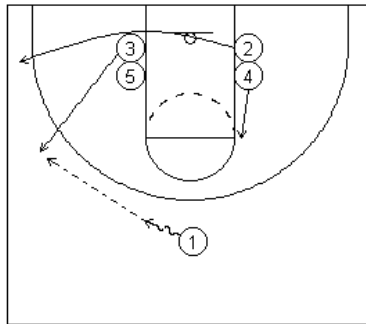
#### DOUBLE ON BALL / ROLL



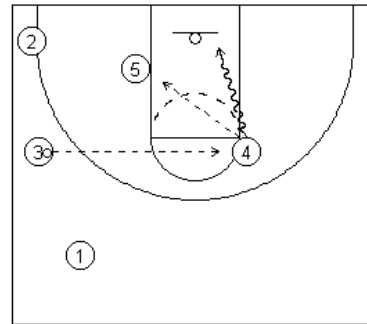
1 dribbles off a double on ball by 4 / 5. 4 / 5 roll. 1 looks to hit one of the rollers or kick to 2 or 3 on the wing for a post entry.

### ISO SETS

#### 4 ISO

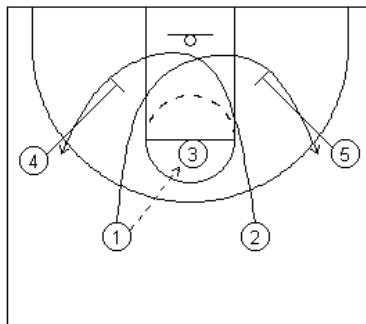


3 cuts out to the high wing looking to the high wing looking for the hit from 1. 2 cuts to the ball side corner.

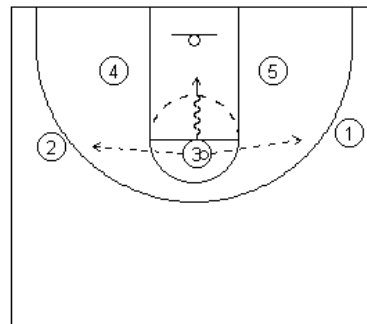


4 cuts to the opposite elbow. 4 first looks to drive or looks to go high / low to 5.

#### GUARDS X / HIGH POST ISO



1 hits 3 at the high post. 1 / 2 X or interchange in the lane and cut off down screens by 4 / 5.



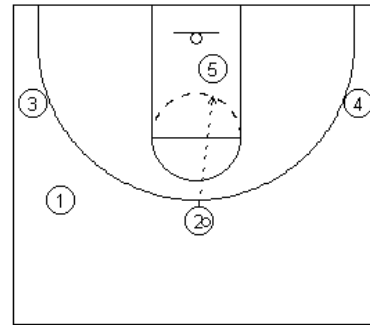
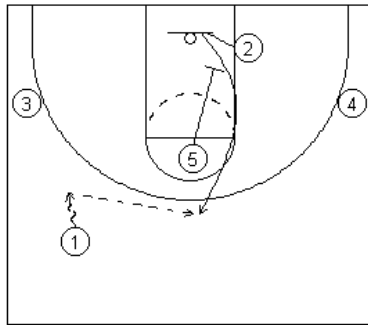
3 first looks to go to the basket, then looks to go high / lo, then looks to kick it out to the wings for a jumper or post entry.



# HEAD COACH TOM IZZO

## ISO SETS continued

### POST DOWN / POST ISO



1 dribbles to a side. 5 down screens for 2 up to the top and looks for the pass from 1.

3 looks for the post entry to 5, who is isolated in the lane.

### 2 ISO READ OFF THE DOUBLE DOWN

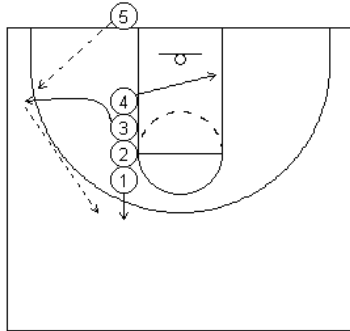
<p>3 flashes to the wide pinch post for the entry from 1, who then cuts around to the ball side wing</p>	<p>5/4 double down for 2 cutting to the top for a jumper or 3 looks for 5 slipping into the lane</p>	<p>2 reads the defense and sees the defense playing for the screen, 2 refuses the screen and makes a basket cut.</p>



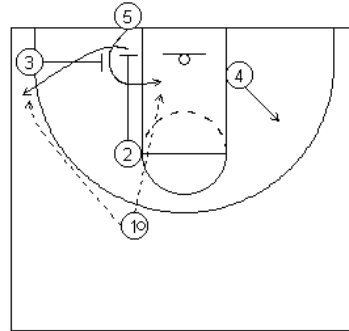
**MICHIGAN STATE OUT OF BOUND SETS**  
**HEAD COACH TOM IZZO**

**UNDERTHEATH THE BASKET**

**SCREEN THE IN-BOUNDER / SCREENER - SCREENER**

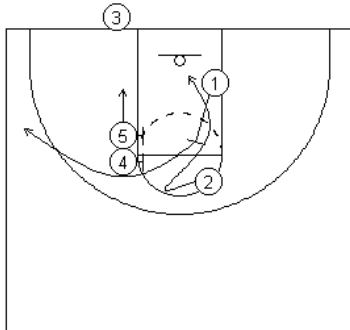


Line formation starts with 4 diving across to the opposite block. 3 dives down and cuts to the corner. 5 hits 3 who then reverses to 1 popping out to the top.



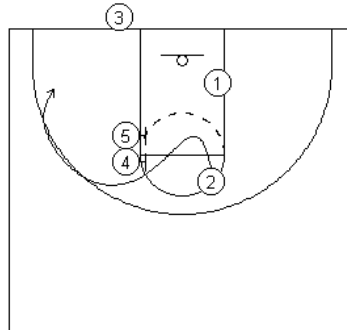
2 goes down and screens for 5 to curl over the top looking for the lay-up. 3 screens the screener and 2 cuts out to the corner for the jumper.

**DOUBLE SCREEN – SCREENER**

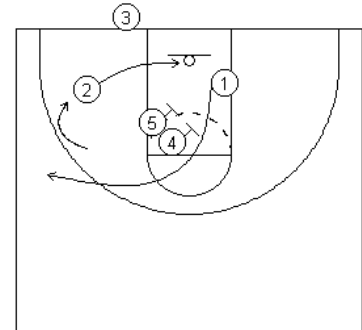


2 cuts to the basket off a back screen from 1. 1 then cuts off a double from 4 / 5. 5 looks for slip.

**DOUBLE / CURL / DOUBLE**



2 fakes a basket cut and cuts off a double from 4 / 5. 2 curls around the pick to the basket.



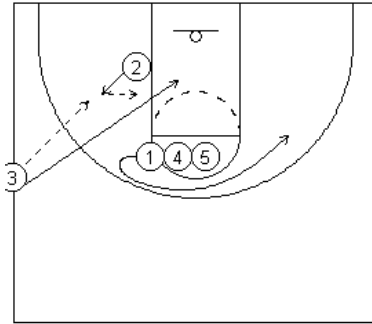
4 / 5 step into the lane set a double for 1 cutting out to the wing.



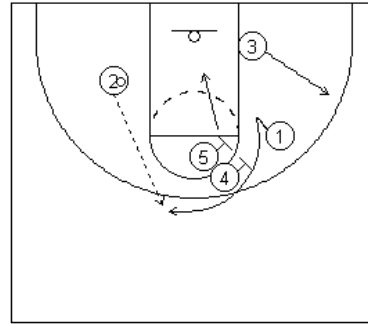
**MICHIGAN STATE OUT OF BOUND SETS**  
**HEAD COACH TOM IZZO**

**SIDELINE**

**3 PLAYER LINE FORMATION / GIVE – GO / DOUBLE AWAY**

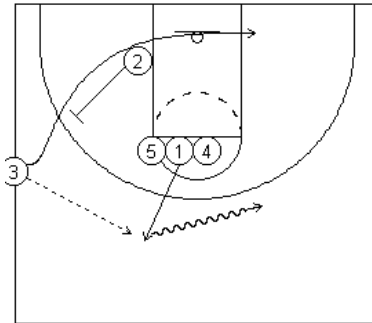


3 enters to 2 posting up and basket cuts looking for the give and go play. During this action, 1 moves to the backside shallow wing.

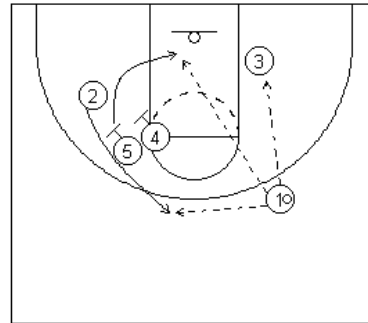


1 fakes the basket cut, and cuts off the double by 4 / 5. 5 looks for the slip.

**3 PLAYER LINE FORMATION / FLEX / DOUBLE DOWN**

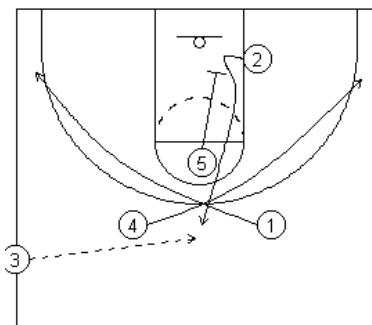


1 pops the stack to the back court for the entry pass from 3.

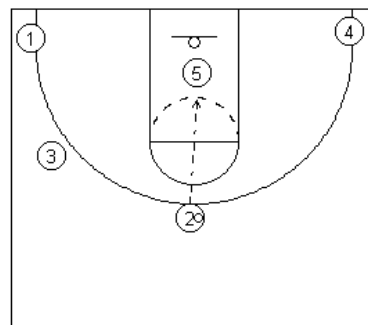


1 dribbles across to the opposite side. 3 will come in from out of bounds and cut off a flex screen from 2. 2 will then cut off a double from 4 / 5.

**POST ISO**



4 / 1 will x at the top and cut to the opposite corners. 2 will cut off a down screen from 5 up to the top of the key looking for the entry pass.



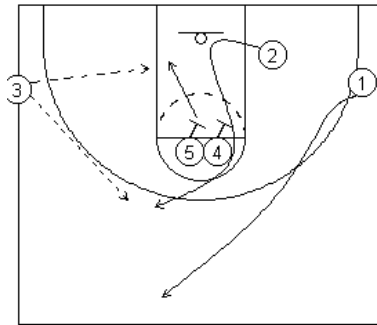
5 turns and seals in the lane for a post up. The lane is cleared out for him to post.



**MICHIGAN STATE OUT OF BOUND SETS**  
**HEAD COACH TOM IZZO**

**SIDELINE continued**

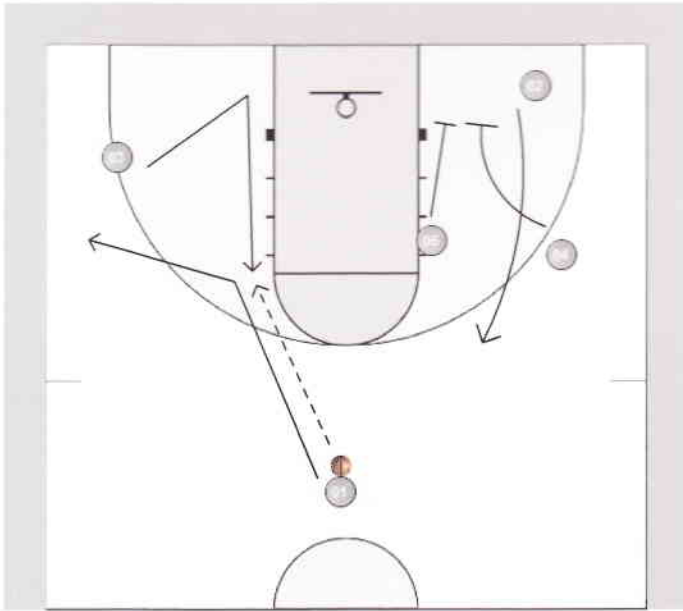
**DOUBLE CUT OUT / POST SLIP**



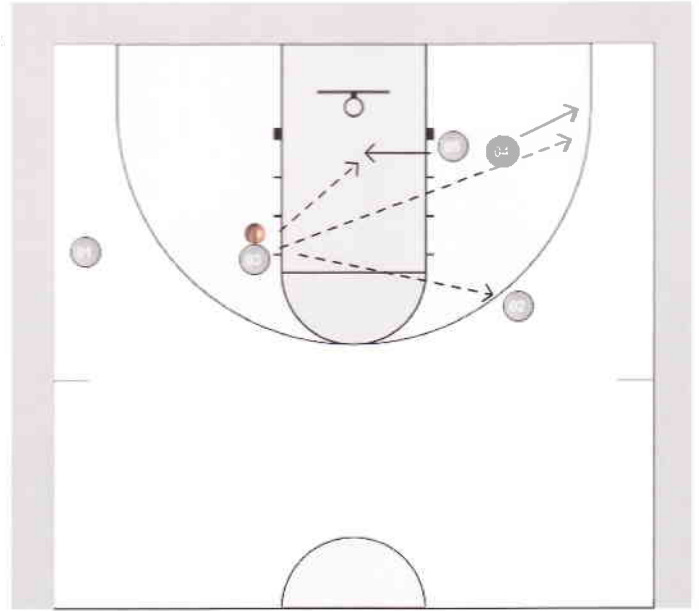
2 cuts off a double by 4 / 5 out to the top. 5 slips or dives to the ball side block for a post up. 1 cuts out to the back court for an outlet.

# Elbow

Frame0

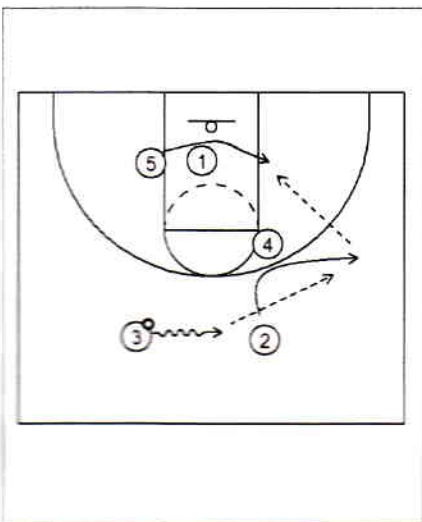
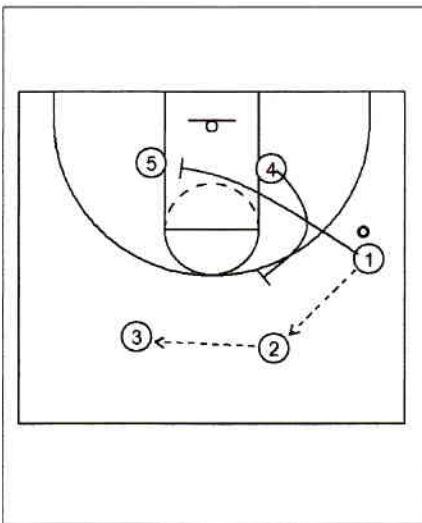
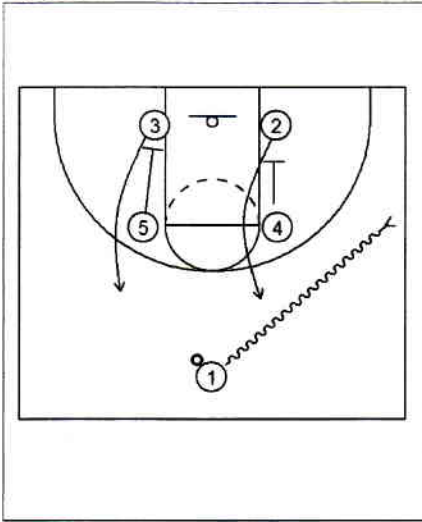


Frame1



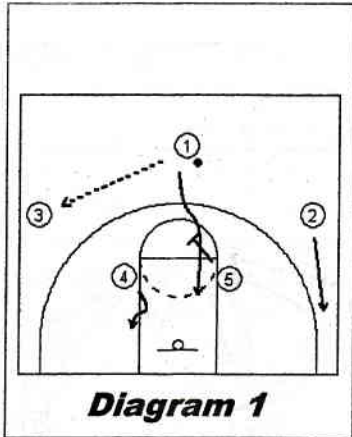


Zipper

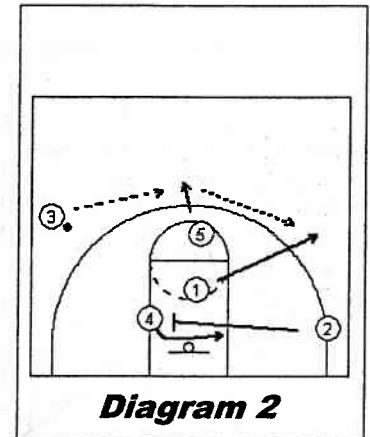




# UCLA

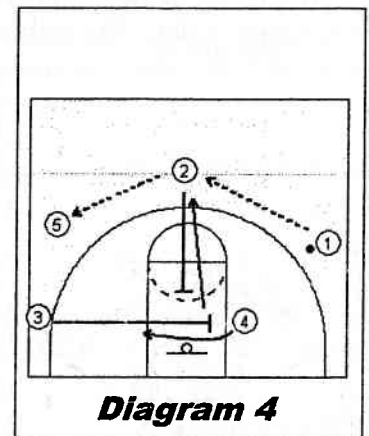
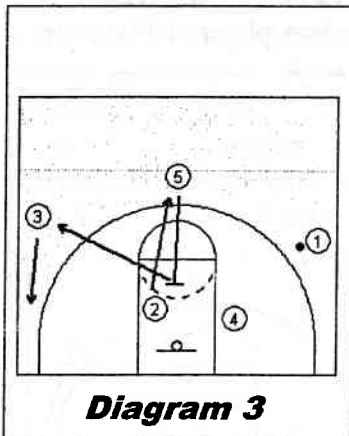


UCLA is one of the two wing entry sets that can be used in our 1-4 series. 1 initiates with a wing entry pass to 3 (diagram 1). 5 steps up to back screen for 1. If 1 is open for the lob pass we throw it to him. The ball side post slides down the lane and posts up strong. We generally do not want to make this first side post pass unless it provides us with a great shot. After 5's screen he pops to the top of the circle for ball to reverse the ball. 2 will sink to the baseline to set up the proper



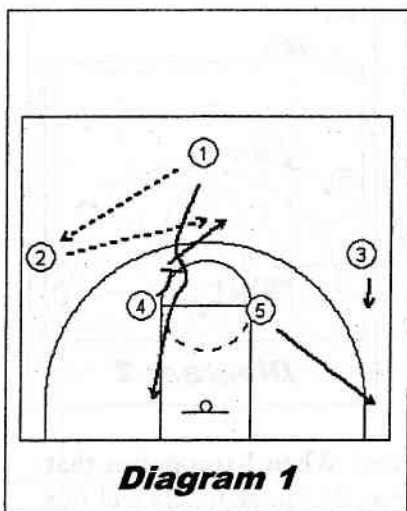
angle for the cross screen. 5 will also look to 4 on the high low pass if 4 is fronted. When 1 recognizes that he will not receive the pass from 3 he immediately cuts out to the wing (diagram 2). He generally will not go below where the old dotted line used to be. 5 reverses the ball to 1. 2 will wait until the ball is in the air from 3 to 5 before he sets a cross screen for 4 (diagram 3). 1 will look to 4 coming off the cross screen. 5 will screen the screener (2) after reversing the ball. From that point we will run the same continuity offense

as the ball is reversed the other direction. 4 remains in the post and will cut block to block. 5 and 3 need to adjust their angles so that they avoid one another as 3 sets the cross screen.

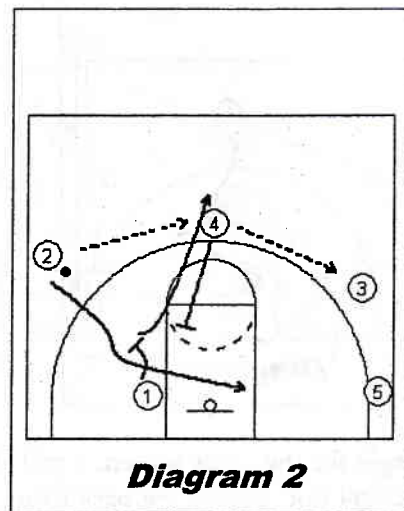




# Utah

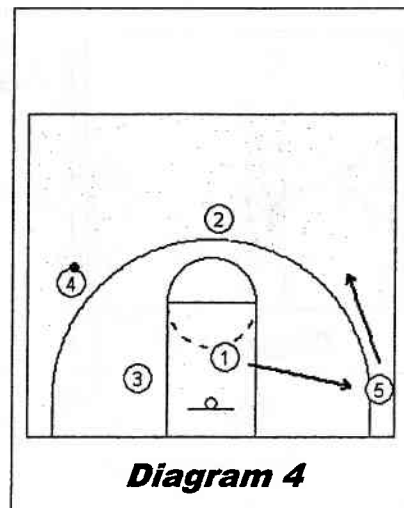
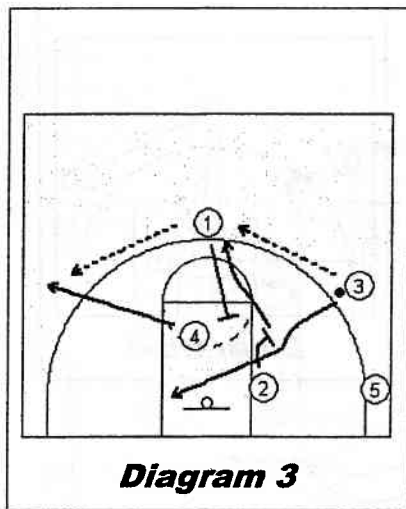


Utah is one of the wing entry sets that we can run out of our 1-4 series. 1 initiates the offense with a pass to the wing (diagram 1). The ball side post will set a UCLA high post screen on 1. The first option is to look to 1. 4 will pop to the top of the circle after the screen for ball reversal. A second option is for 4 to look to 1 on the high low pass. As this is happening 5 will slip to the wing. 4 will reverse the ball to 3 (diagram 2). 1 takes one step off the lane and back screens for 2. We want 2 to make a low cut on the



screen as he cuts to the ball side block. After 4 reverses the ball he will screen the screener (1) who comes off the screen looking for the shot. After 4's down screen he will pop to the wing. As the ball is reversed a second time the same action takes place (diagram 3). There is a back screen and a flex cut, and then screen the screener action. The only variation in this movement occurs when there are two players left on the

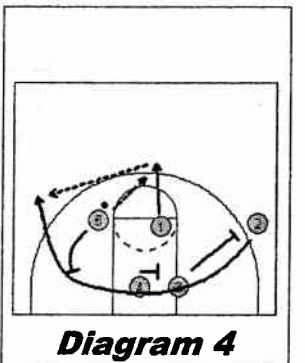
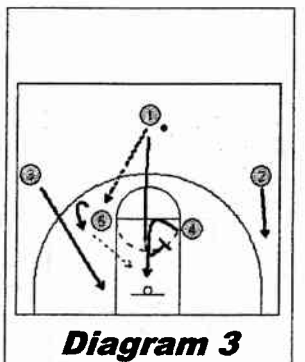
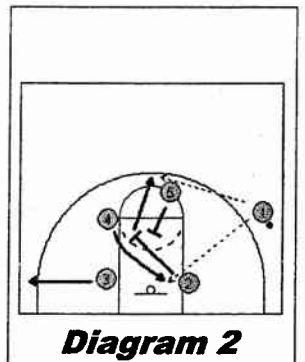
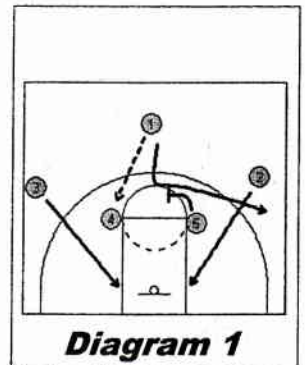
same side. The screener (1) in diagram 4 will slide to the corner. 5 will pop to the wing for ball reversal. If the defense sinks off the corner man to help on the post, we will look to throw the ball to the corner for the shot.



## Philly and Philly Counter

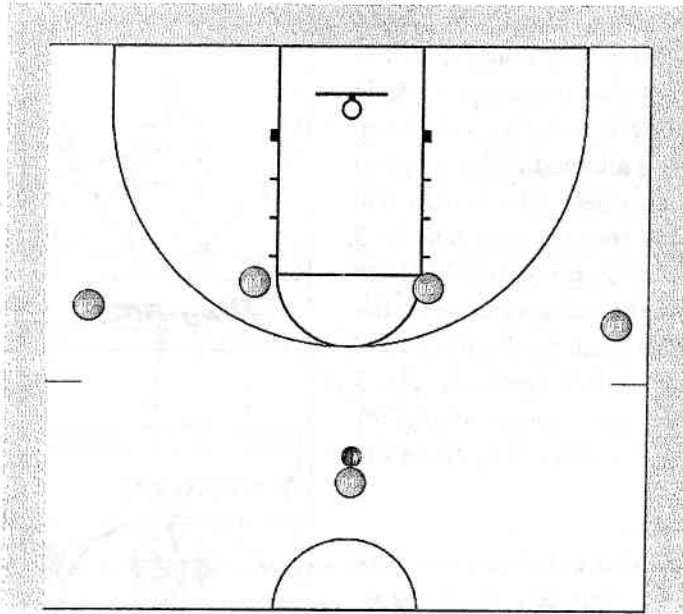
Philly is the Post entry option out of our 1-4 offensive series. The Point Guard will enter the ball to either post man. It is often necessary for 4 and 5 to be creative with their movement to get open. It is critical that the two wings (2 & 3) start the set at the three point line extended. Our first option is to look to the wing (3) on the back cut (diagram 1). If 3 starts to low his man is allowed to have vision of both the ball and his man, consequently he will not be open. The 5 man will flare screen 1 to the wing. The 4 man will  $\frac{1}{4}$  pivot on the pass or pass fake to 3 three on the back cut. If the ball is not passed, he will outside pivot and hit 1 on the flare. The 1 can hit the shot if open. He can also catch the ball and drive to the rim as 2 is vacating that side of the floor. The 2 man will first cut to the block and then set a diagonal screen for the 4 man after he passed the ball (diagram 2). The 5 man then screens the screener (2). The 2 man comes off that screen looking for the shot. It is important for 3 to cut to the corner to pull his man away from the lane.

Philly Counter is a good option to use against opponents who anticipate the flare screen by the point guard. In this set he will cut down the middle after the post entry (diagram 3). He will quickly turn and back screen for the 4 man. 5's first look is still to the 3 on the back cut. This time he will front pivot in an attempt to get a good angle to pass to the 4 man on the cut. While this is happening the 3 man will continue his cut through the lane. 2 must hold and wait for 3 to set the back screen. If 4 is not open he is setting the second of three screens for the 2 man. 5 will pop the ball back to 1 who steps out after his back screen. 5 will then set the third screen for the 2 man. Each of the three screeners will look to slip to an open area after his screen.

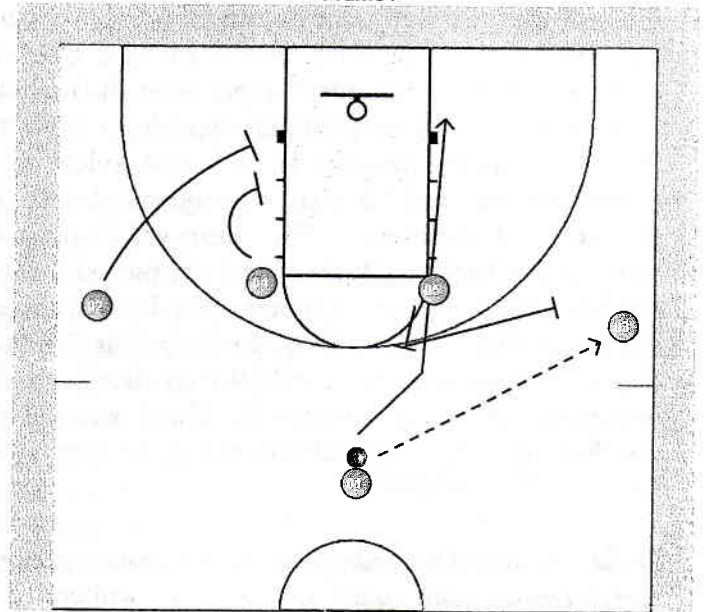


# ..Double..

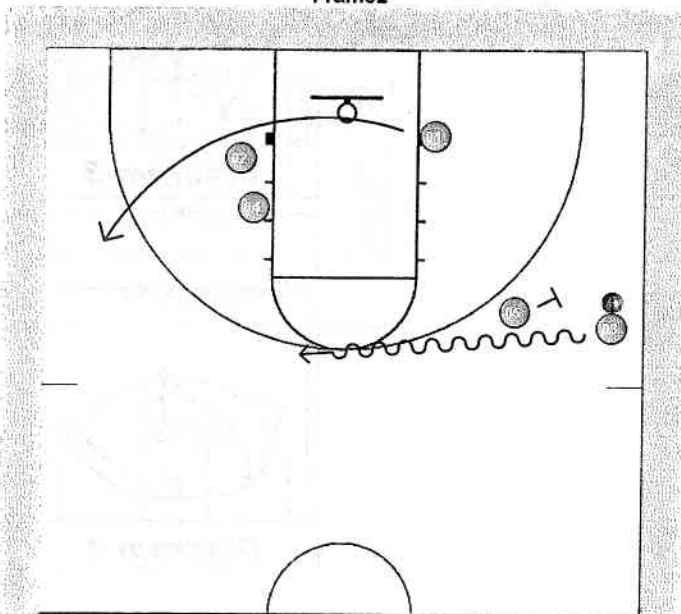
Frame0



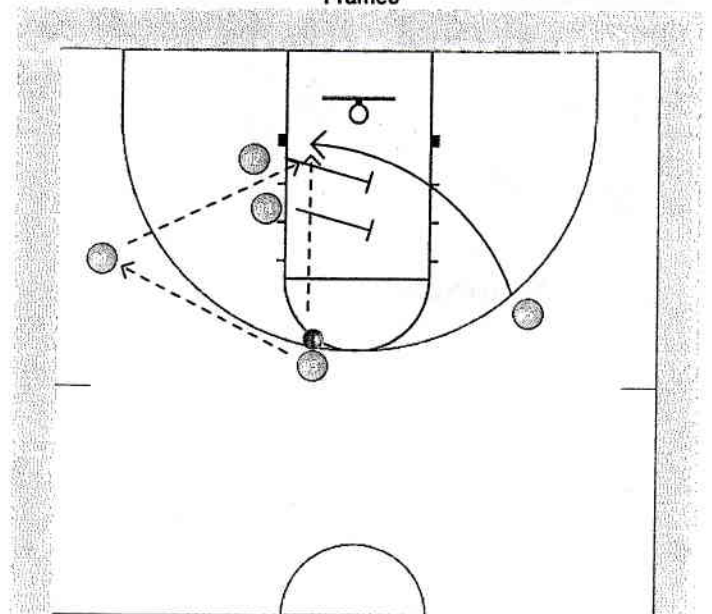
Frame1



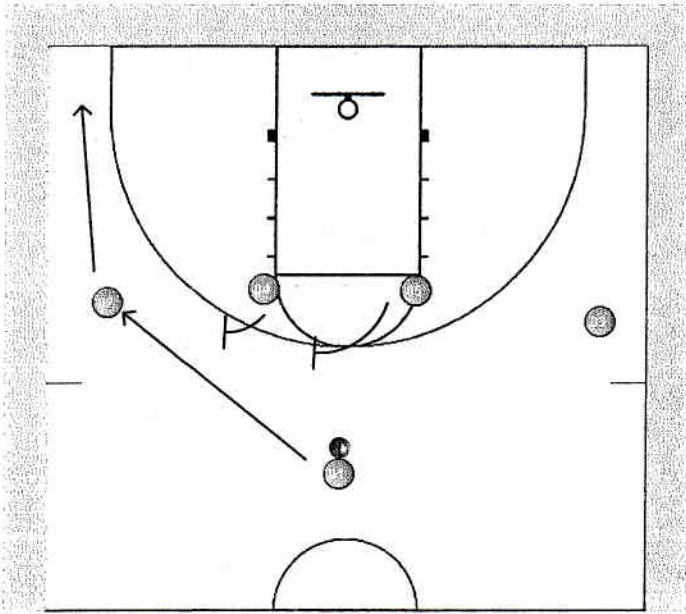
Frame2



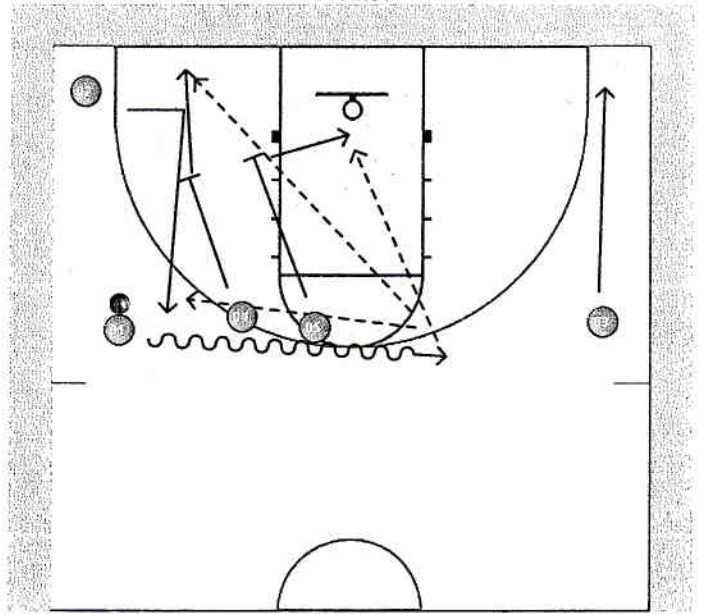
Frame3



Frame0

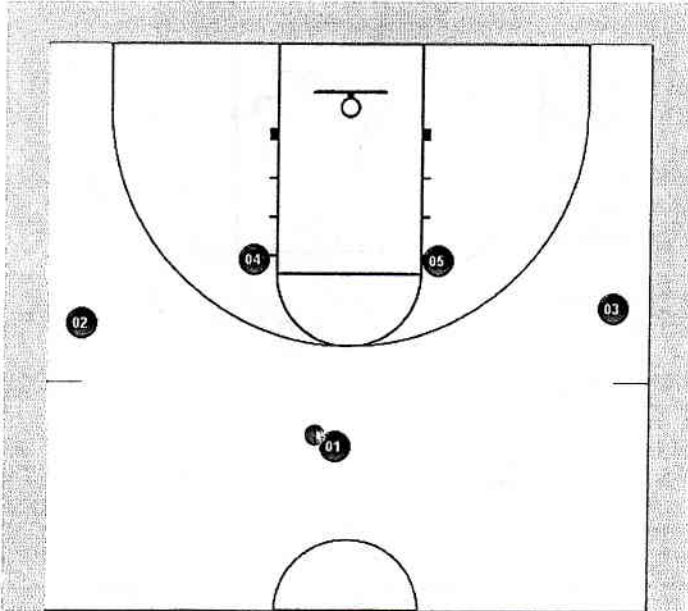


Frame1

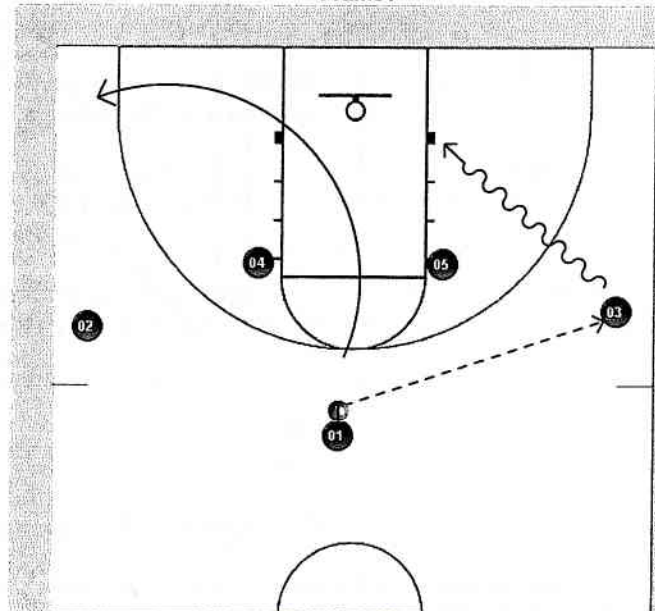


# 1-4 Charlotte

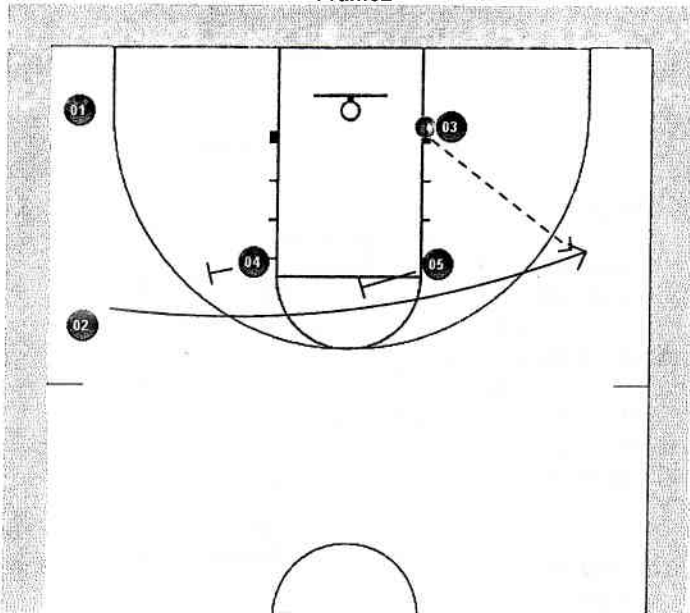
Frame0



Frame1

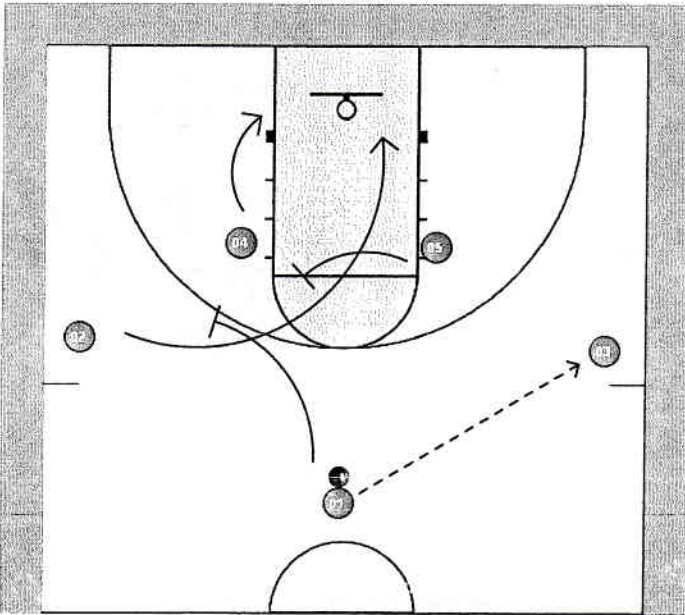


Frame2

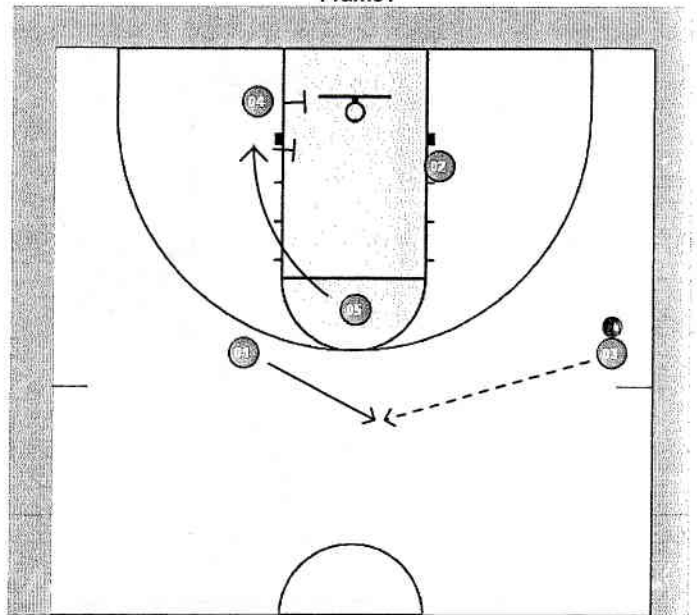


# CAROLINA

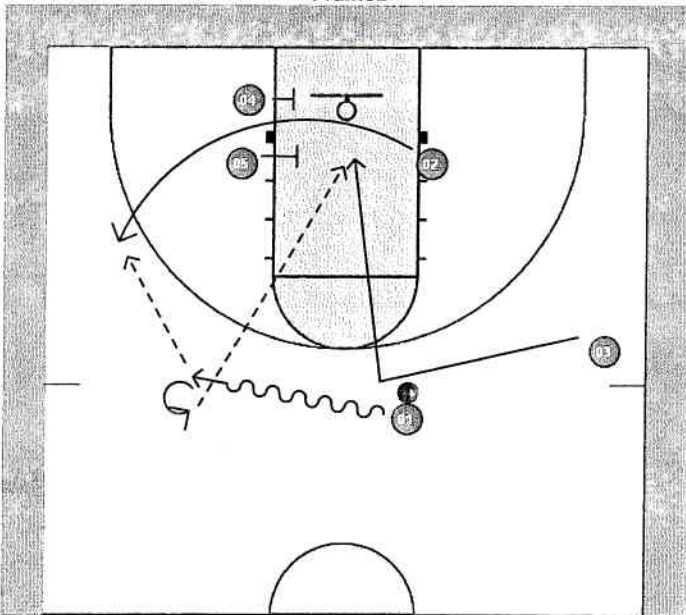
Frame0



Frame1

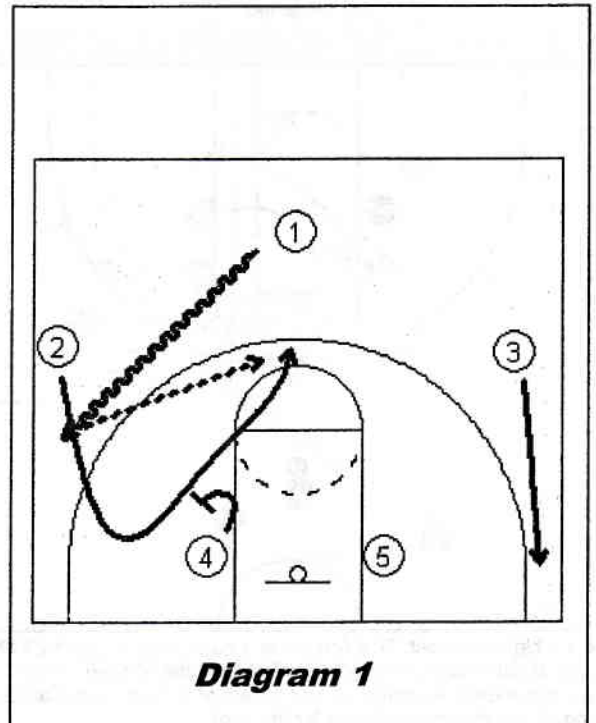


Frame2

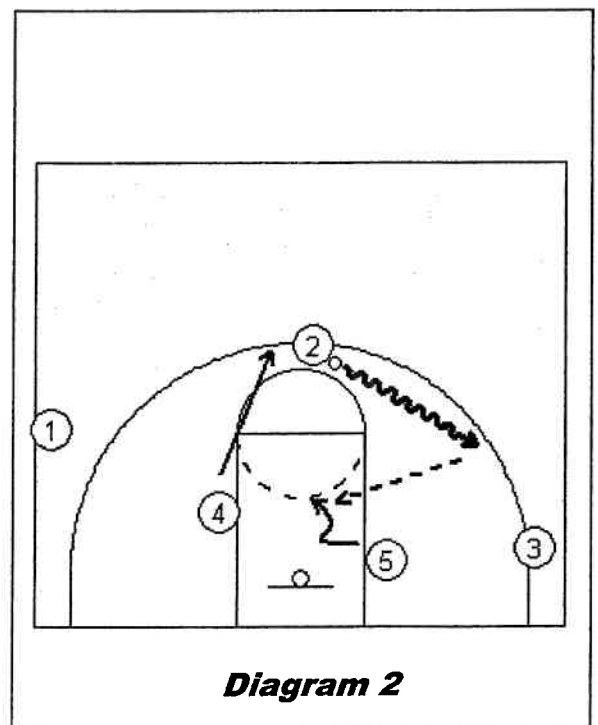


# Denver

Denver is the dribble entry option out of our 1-4 series. The point guard will dribble to the wing as the entry. 2 will shallow cut through the screen of 4. 2's cut can take him under the screen or over the top as shown in diagram 1. The first option is for 1 to look to the 4 man after the screen on the quick post up. If 4 is not open, 1 will take the ball to 2. 2 needs to catch the ball as close to the mid line as possible to set up his dribble move. 3 will slide to the corner to pull his defender away from the help.

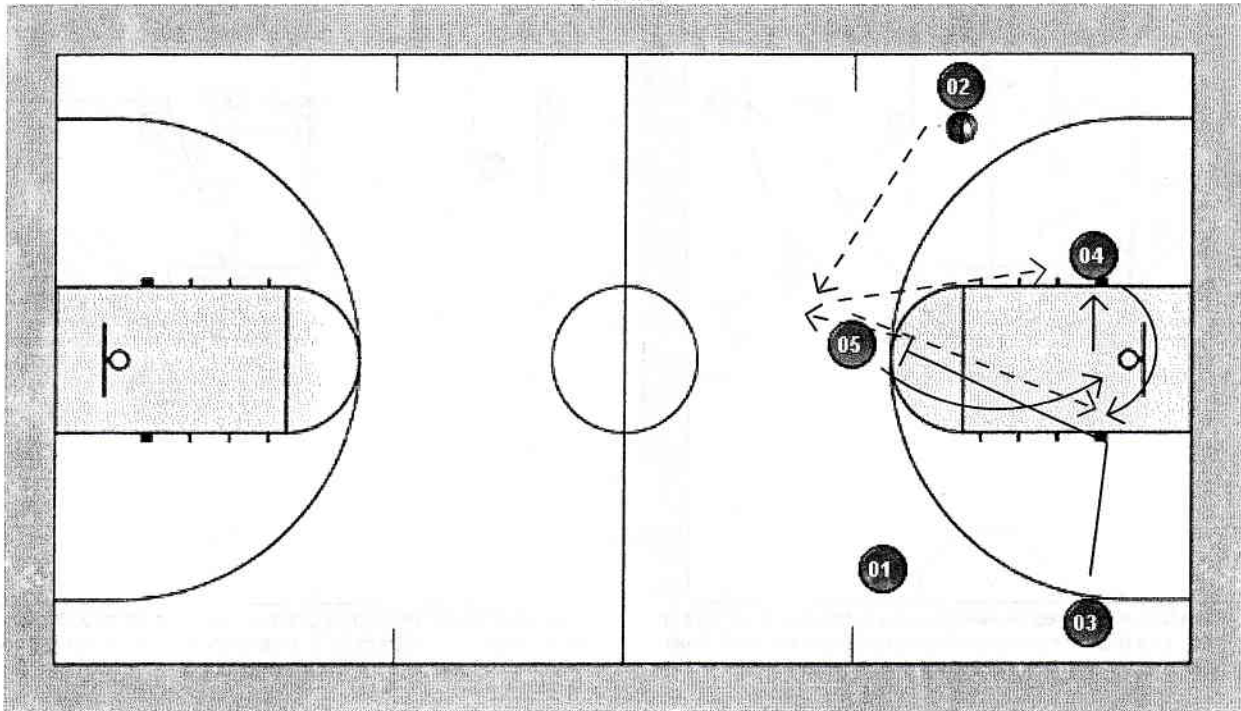


2 will drive the ball hard on the catch to a point below the foul line extended. He will look to throw the ball to 5 on his duck in move. If 5's defender is able to front 5, then the ball should be taken to 4 on the flash. 4 will then look high-low to 5. 5 needs to time his duck in move so as to avoid a three second violation.



# KU Secondary Break

Frame2

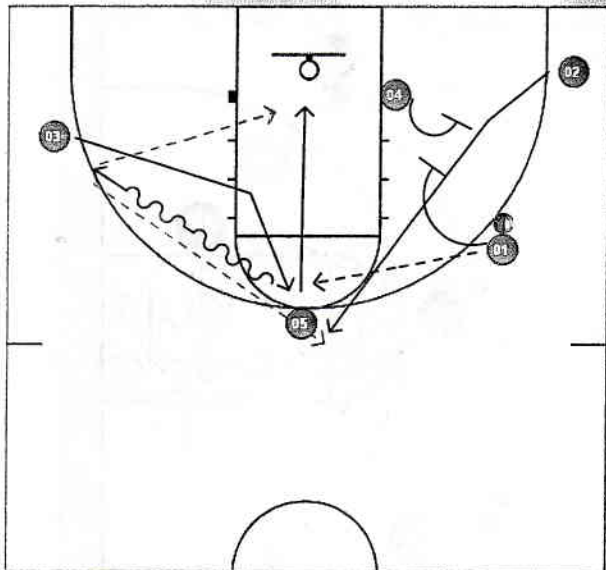


3 will follow his pass and set a back screen for 5. It is important the 3 get the proper angle with his back to the basket on the screen. 5 will come off the screen looking for the lob from 2. After 3 screens he will step the ball, and receive the back from 2. If 5 does not get the ball on the lob he will loop across the lane and set a cross screen for 4. If they switch 5 will be open, if not 4 will be open.

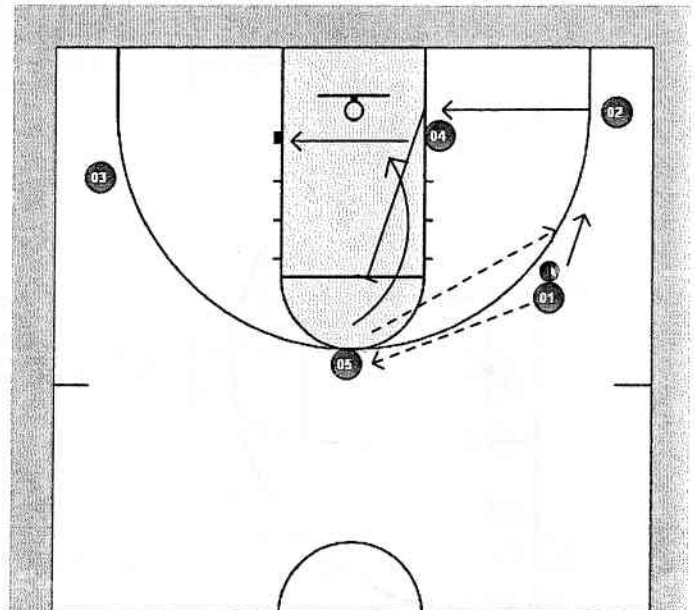


# Secondary Counters

Frame0



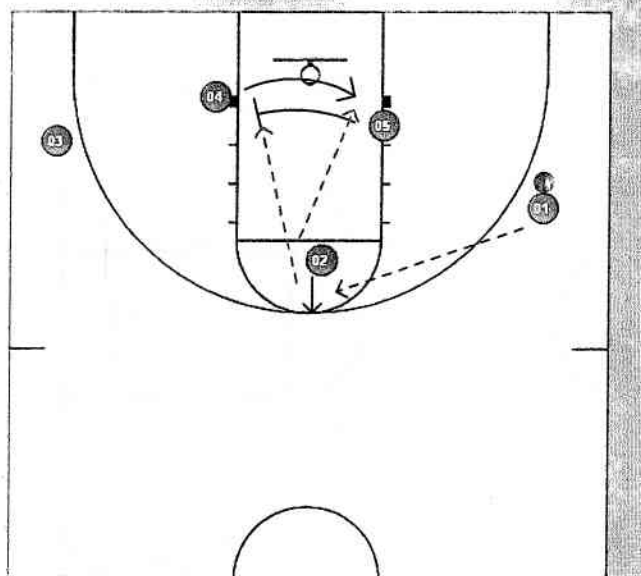
Frame1



Run "B-3" when 5 is overplayed he will back cut to the rim. 3 will fill cut to the top, catch and dribble hard to the free throw line extended. 3 will look to 5 on the post up. 4 and 1 set a staggered screen for 2 for the

Run "Kick Back" when they overplay the reversal to 3. 5 pass fakes and brings the ball back to 1. 4 will work across the lane. 2 continues with his cut and sets the back screen for 5.

Frame2

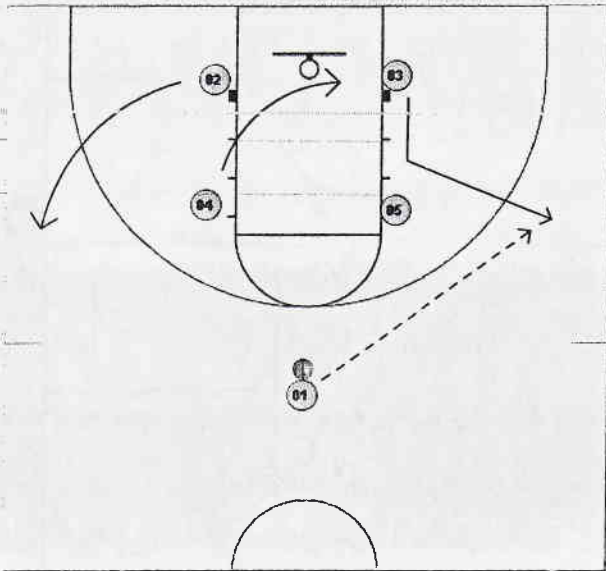


2 pops to the ball and looks to 5 or 4 after the cross screen.

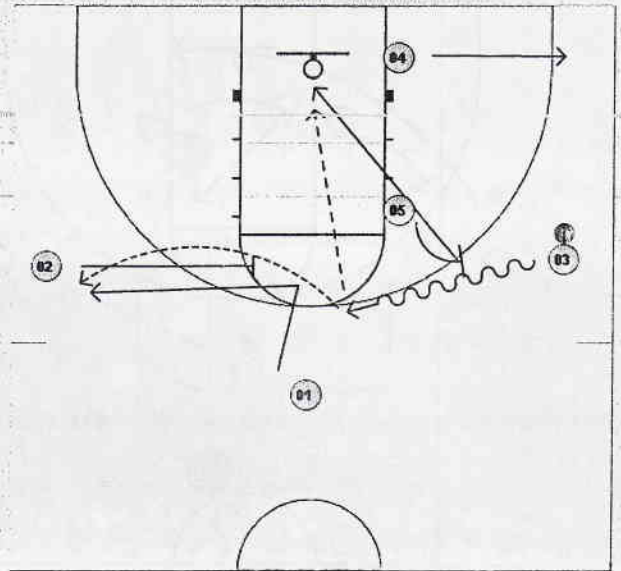


# Dodge City Flare Screen

Frame0

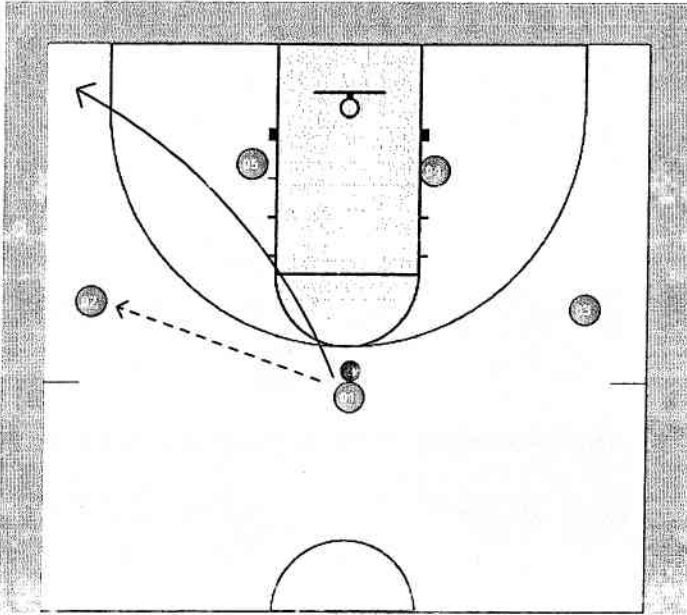


Frame1

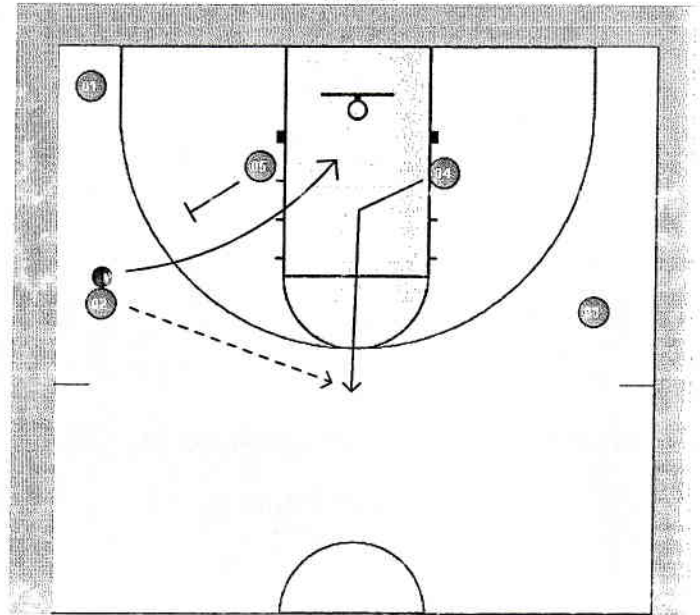


# Utah- Snap

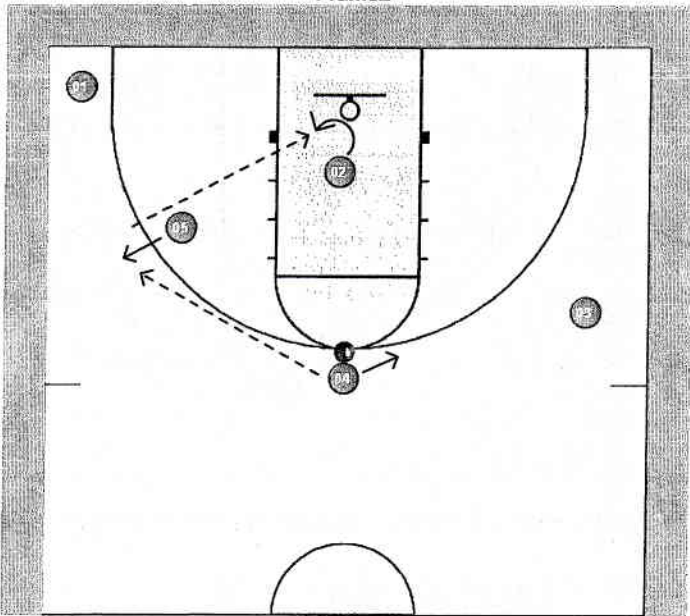
Frame0



Frame1

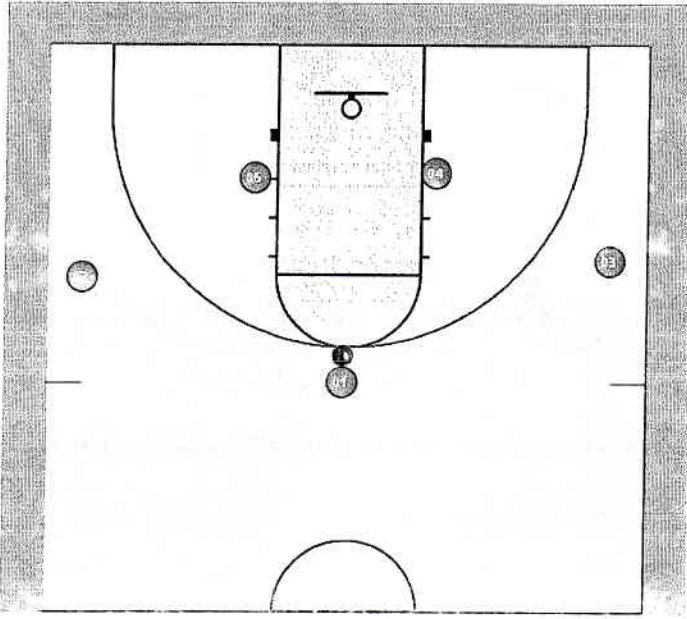


Frame2

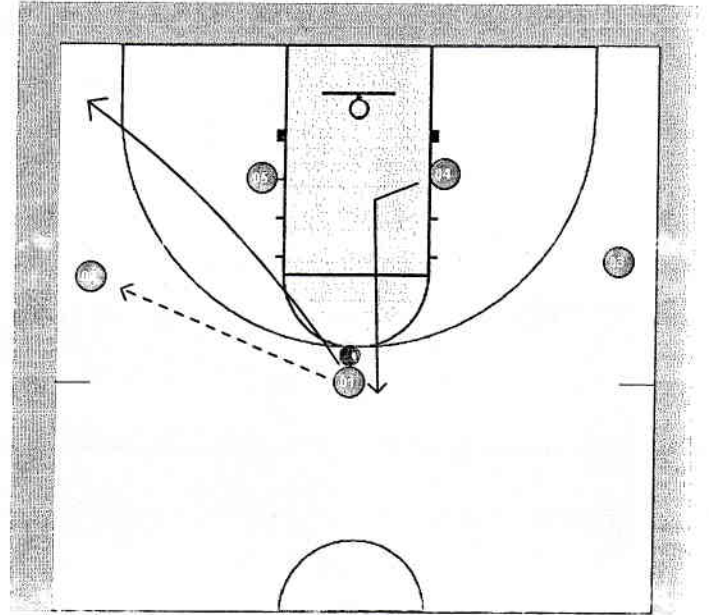


# Utah- Stretch

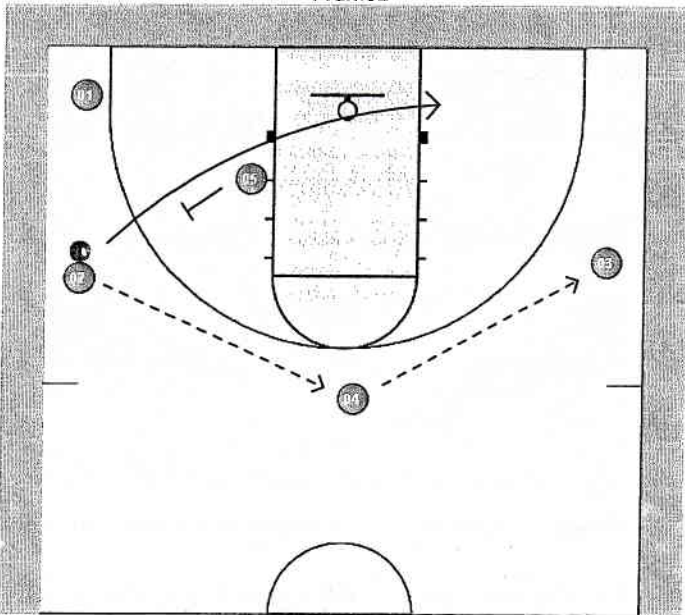
Frame0



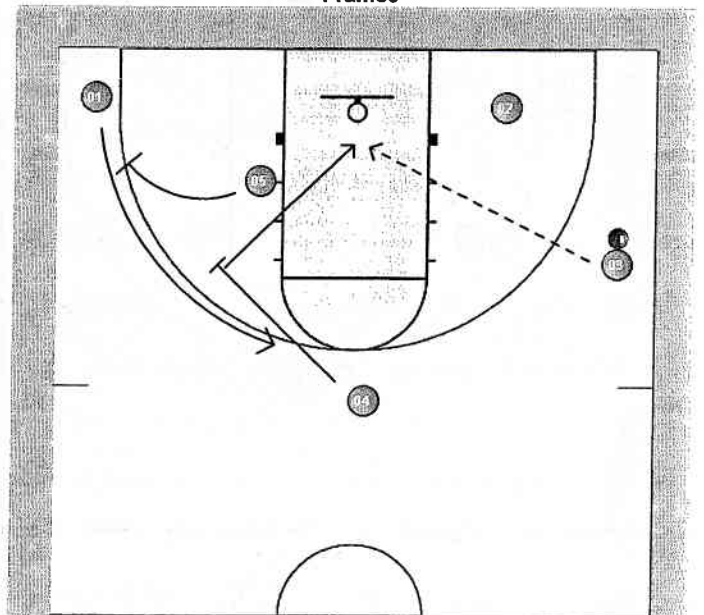
Frame1



Frame2

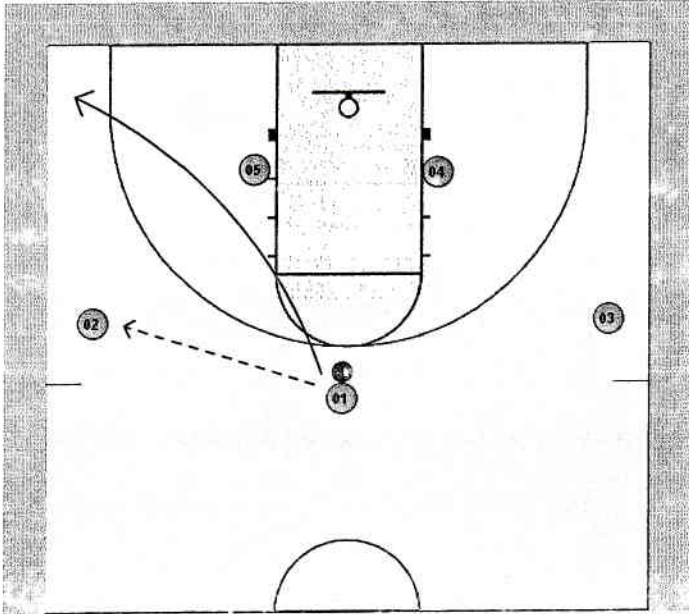


Frame3

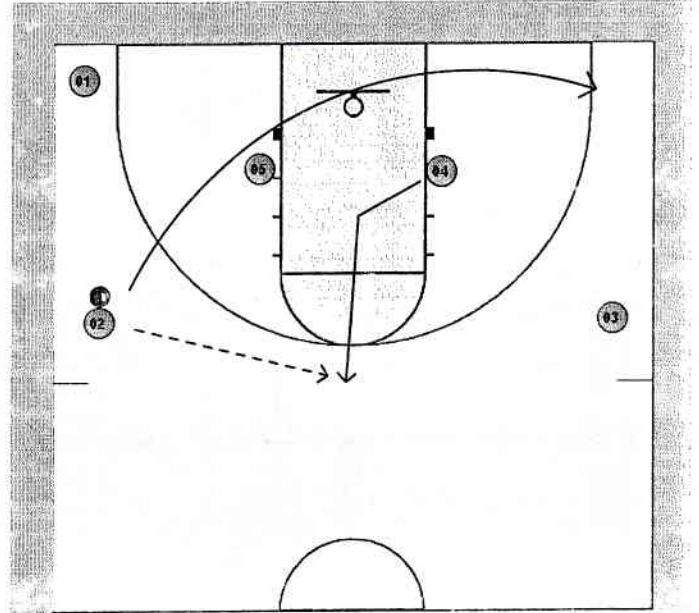


# Utah- Thru

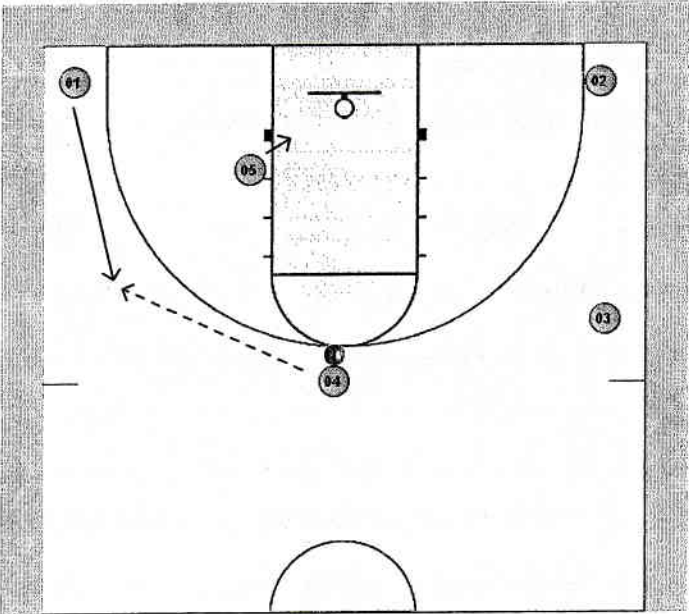
Frame0



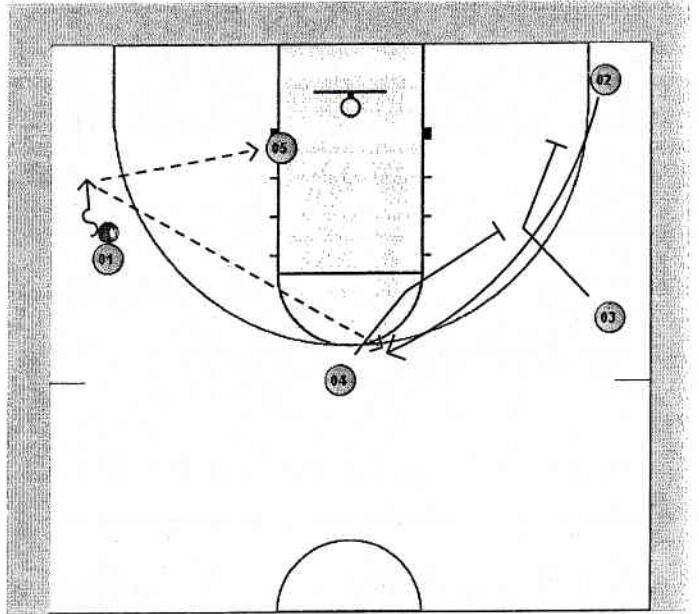
Frame1



Frame2

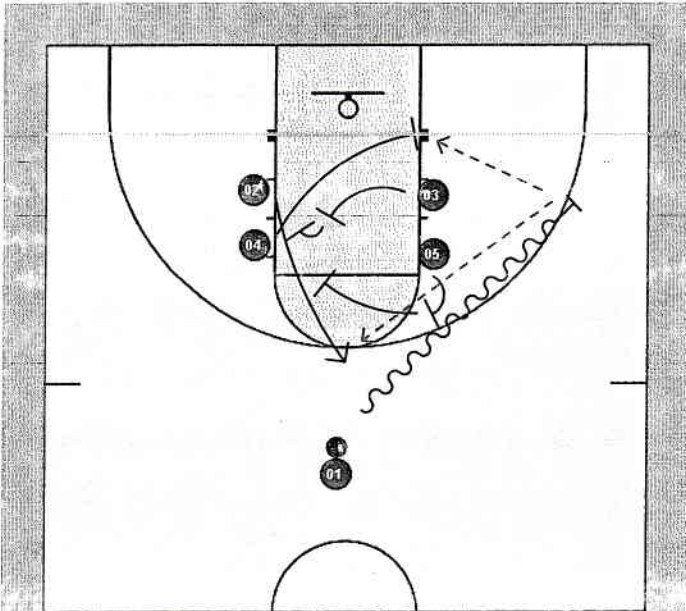


Frame3



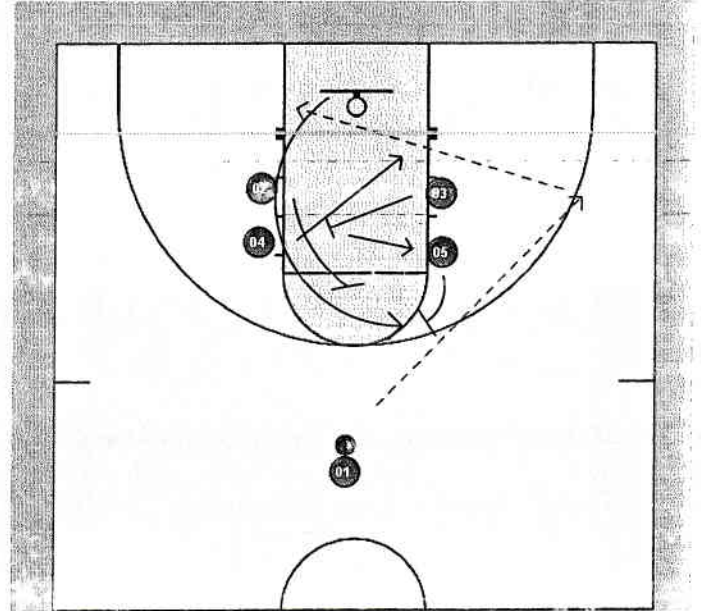
# Iowa

Frame0



Iowa is a high stack set. This first set is a quick hitter to get the ball to our best shooter for a great look. 1's first look after driving off the screen is to look to 4 coming off the screen of 3. 1 will then look to 2 coming off the staggered double for the shot.

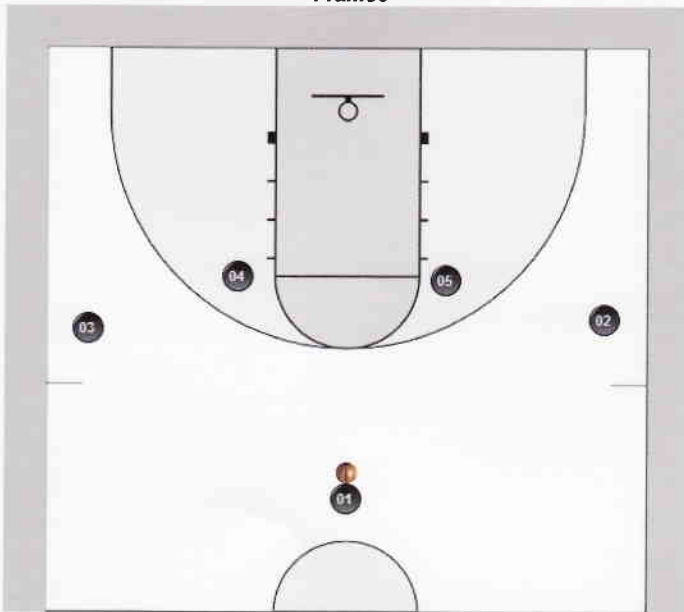
Frame1



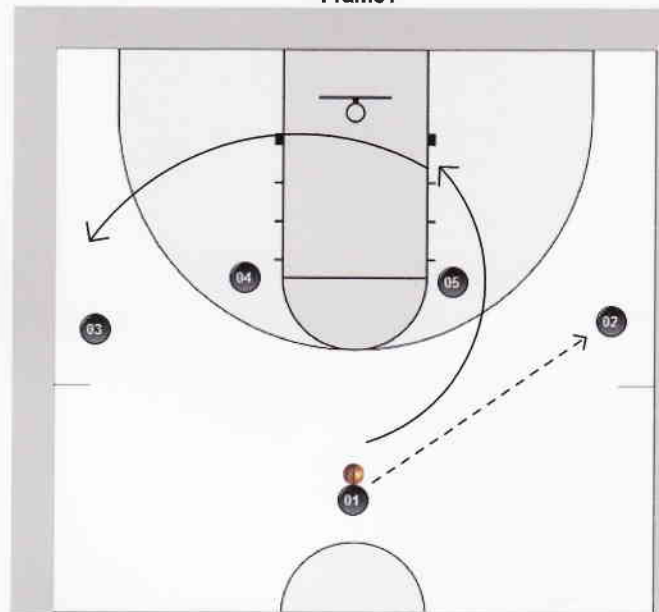
This is the lob play out of the high stack. 1 will use the ball screen as in the first play. 3 will diagonal as in the first play. 3 will then flash back to the ball at the high post. 2 will then backscreen the screener (5) for the lob to the basket.

# Charlotte

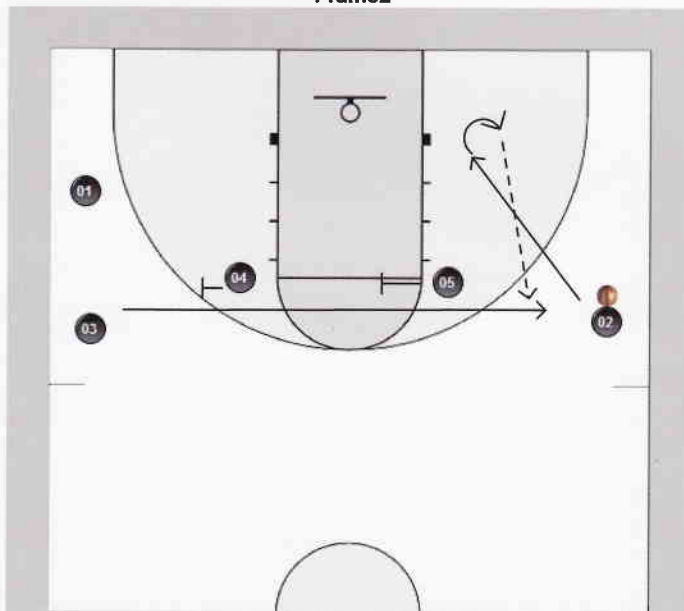
Frame0



Frame1



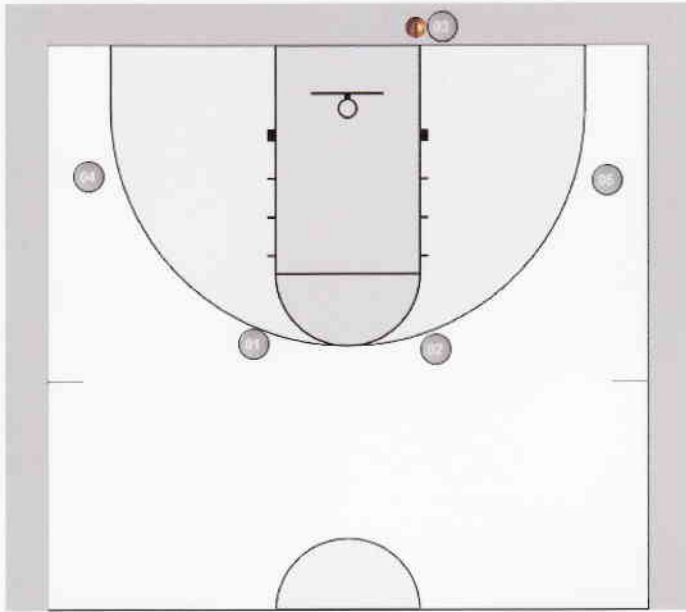
Frame2



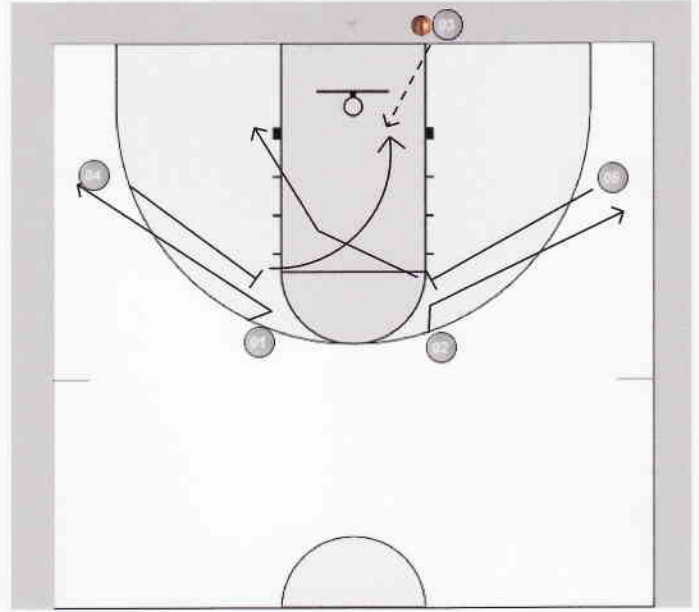


# Tech UOB

Frame0

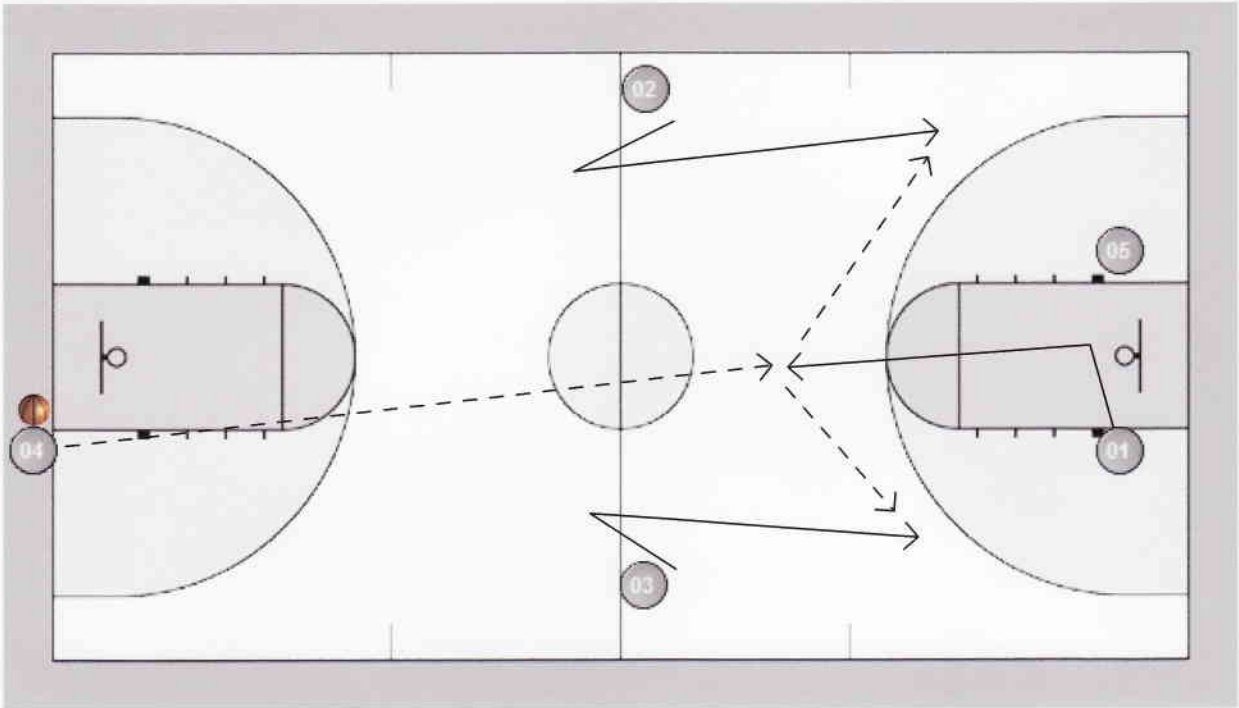


Frame1



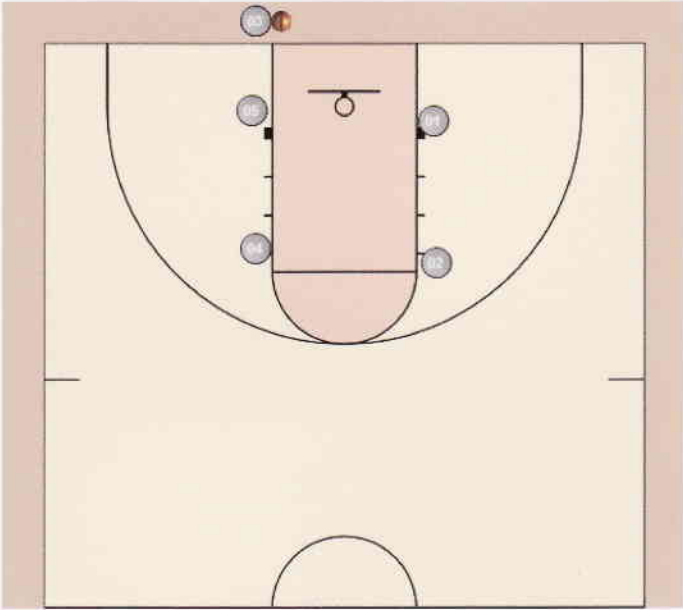
# Rocket

Frame0

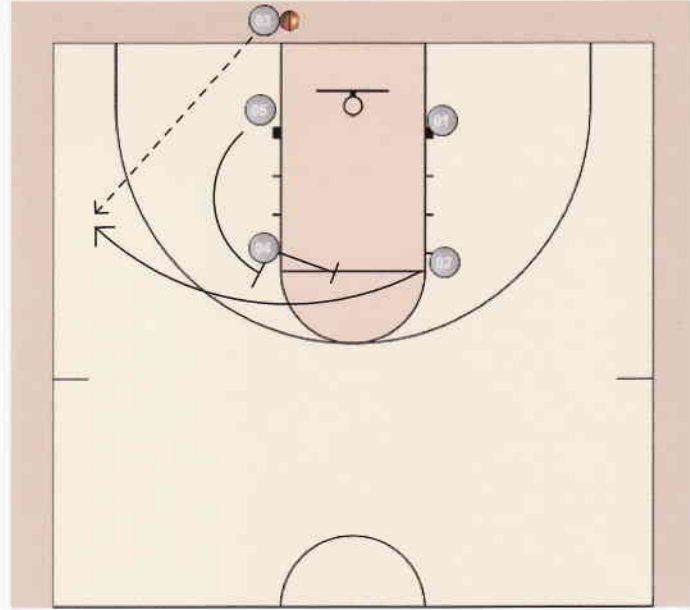


# Late Game UOB

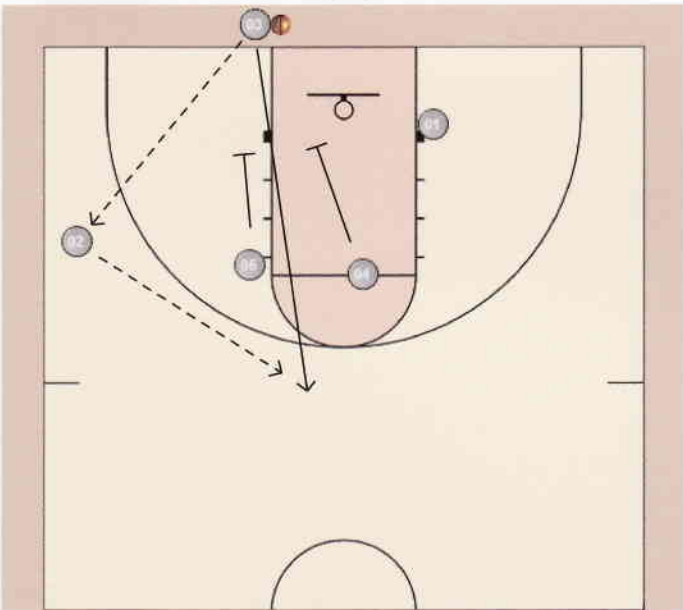
Frame0



Frame1

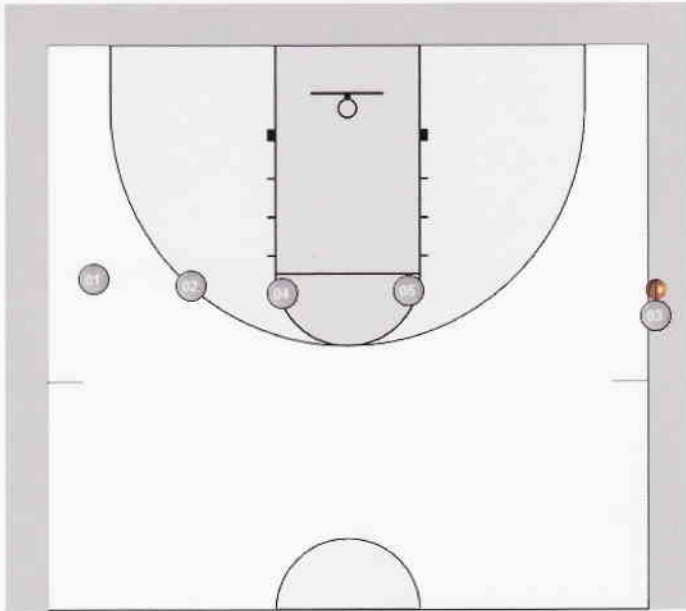


Frame2

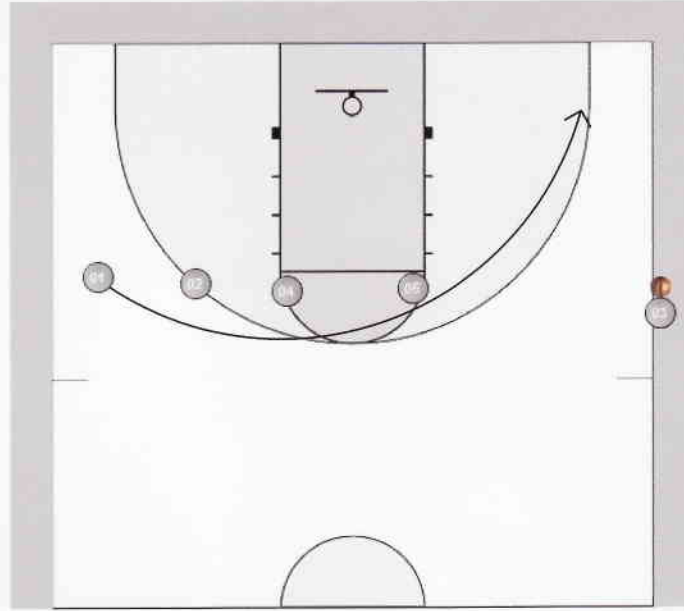


# Late Game SOB2

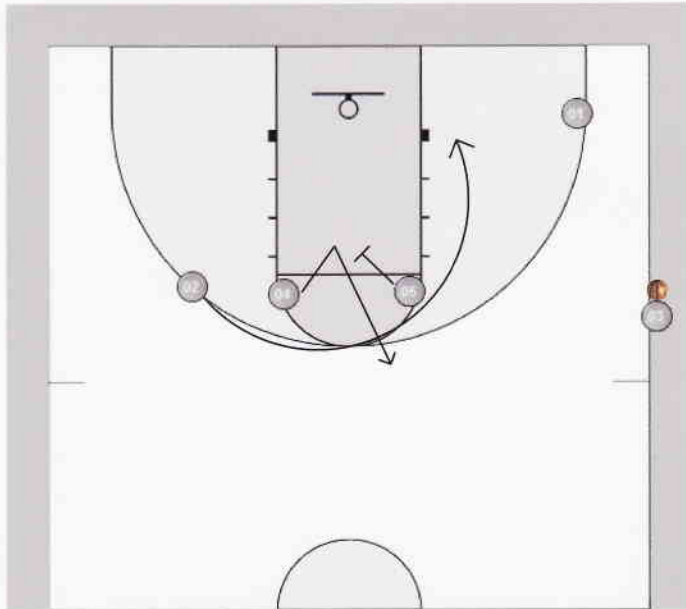
Frame0



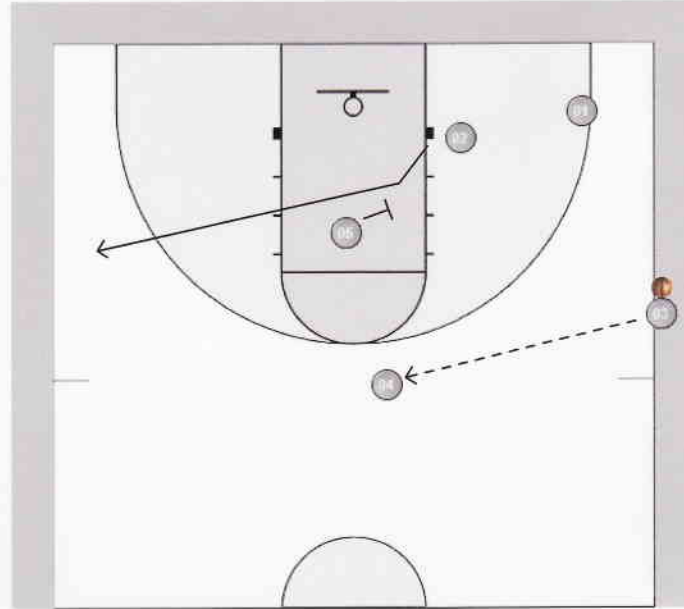
Frame1



Frame2



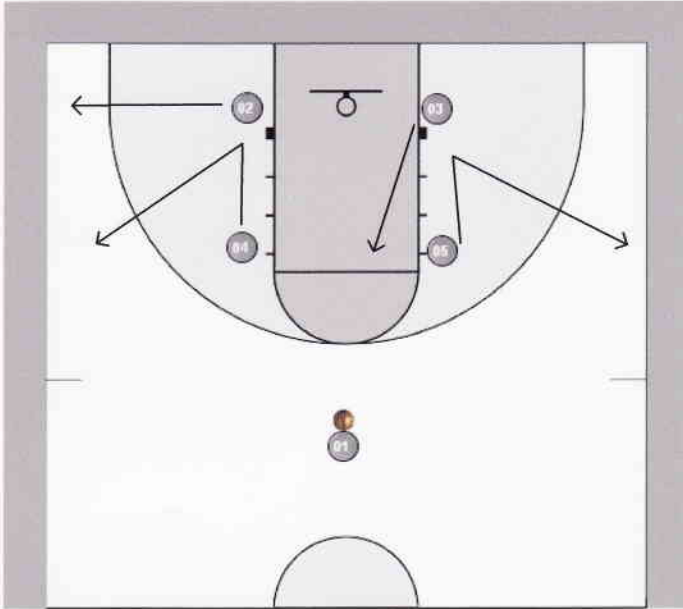
Frame3



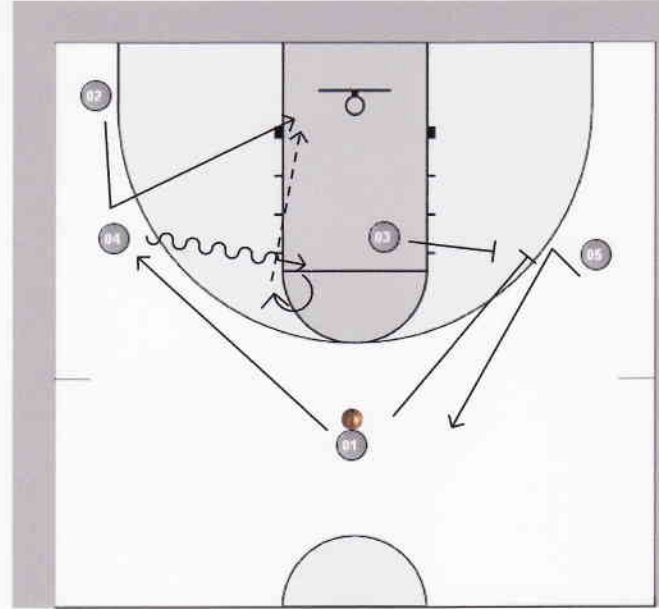


# Jayhawk

Frame0

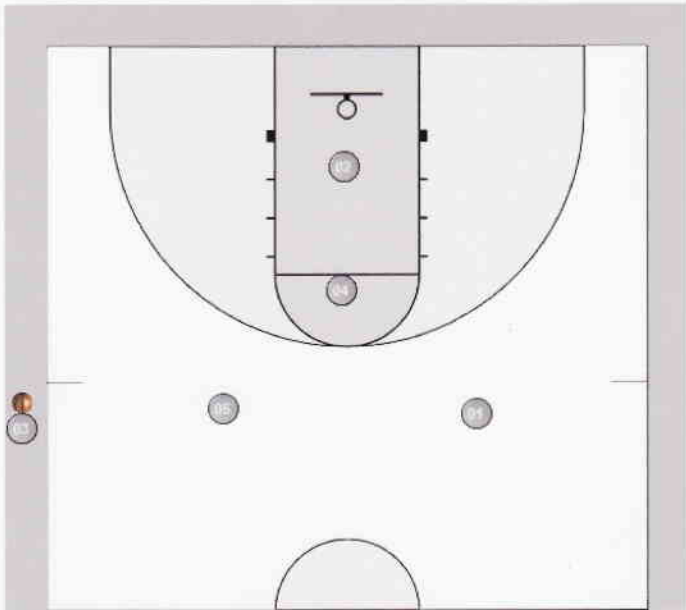


Frame1

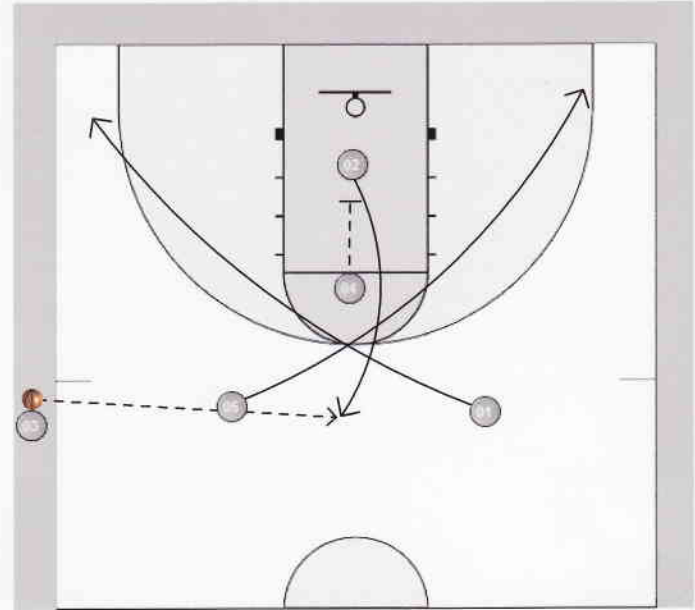


# Memphis - Screen Roll

Frame0



Frame1



Frame2

