



Teaching Players What to See

SEPTEMBER 30 • DEFENSE • FILM • SCOUTING • ZONE OFFENSE

This Week

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2. [Postgame Remarks](#) [Check the Tape](#)
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Question of the Day

September 30 What is your philosophy on when to use timeouts? Is it based on feel, or do you try to save them for the end of the game?

Timeouts are most valuable when they support your end-of-game plan and your players' ability to handle adversity.

My philosophy is to save our timeouts for the end of the game. Very rarely do we enter the final four minutes without all of our timeouts. Late timeouts allow us to stop the clock, adjust strategy, review end-of-game principles, and draw up plays.

In practice, we prepare our players to play through adversity. They huddle, reset, and move to the next play. Allowing them to work through mistakes develops leadership and shows that we believe in them.

The exception is an opponent's run of eight or more unanswered points. I will use a timeout then, because late-game timeouts will not matter if we are already down by 20.

Goal of Defense

What is the goal of your defense? Take a moment and write it down. If the answer is simply to keep the opponent from scoring, the goal needs to be more specific. Outside of low-level youth basketball, no team will play an entire game without allowing points.

A better starting point is to define what you want to take away. You cannot stop everything, and one of the most common defensive mistakes is trying to defend everything equally.

What We Take Away

- Right-hand layups
- Uncontested left-hand layups
- Catch-and-shoot three-pointers

What We Are Willing to Allow

- Mid-range shots
- Shots off the dribble
- Highly contested left-hand layups

Those choices shape how we play and give our defense clear, measurable goals.

1. **Speed up the ball**
2. **Make every catch become a dribble**
3. **Force the ball left**

Postgame Remarks Check the Tape

After each game, coaches have the opportunity to address the team. The temptation is to deliver a ten-minute recap of everything we think we saw. In recent years, I have moved away from doing that.

Most players are not fully listening at that point, and our immediate impressions may not match what actually happened. The tape never lies. A coach may spend five minutes criticizing shot selection, then discover on film that poor shots were not the real problem.

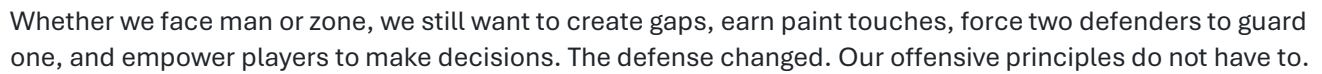
Postgame emotions make it easy to say something we later regret. Keep the message short, go home, watch the film, and give the team an accurate review at the next practice. Players appreciate the shorter remarks, and the team benefits from better information.

Providing Solutions in Scouting

[Watch Providing Solutions in Scouting on YouTube](#)

P-O BOYS BASKETBALL • ONE TEAM • ONE GOAL • ONE PURPOSE

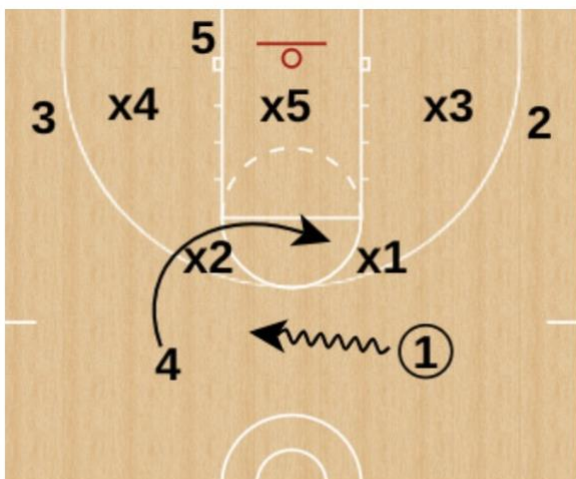
Zone Offense Does Not Have to Be Complicated



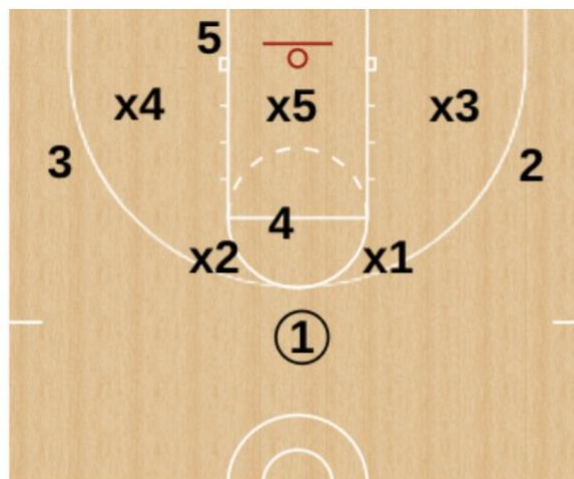
Make the Zone Move

Passing the ball around the perimeter is not attacking a zone. It allows five defenders to remain exactly where they want to be. We want to distort the shape of the zone.

- Put the ball into a gap
- Force two defenders to guard one
- Get behind the defense
- Create a paint touch
- Move the ball before the defense can recover



4 cuts behind the top two defenders
1 centers the ball



We play out of this hi low attack

The cutter moves behind the top two defenders, the point guard centers the ball, and the offense plays from a high-low alignment.



Purposeful movement creates the advantage. Once the zone shifts, players must read the defense and make the next decision.

The action is not the offense. The action creates the advantage.

Learn the Framework Build Our System

Your Offense Is Not Your System

For a long time, I probably would have defined my system by the offense I ran: Dribble Drive, 4-Out, or 5-Out. Those ideas matter, but they are only pieces. Your system is how those pieces connect.

- Spacing supports how you want to attack.
- Player development prepares players for the decisions they will encounter.
- Transition flows naturally into the half-court offense.
- Drills develop the skills players actually need.
- Practice recreates the problems players must solve in games.

We are not collecting basketball ideas. We are creating alignment.

Start With the Decision

Instead of beginning with, “What drill should we do?” begin with, “What decision does the player need to improve?” Then design the drill or small-sided game around that decision.

- Recognize a driving gap
- Read help defense
- Choose between finishing and spraying the ball out
- Keep the dribble alive when the first advantage disappears
- Recognize numbers in transition
- Understand when an advantage has not developed yet

Now the drill has a purpose, and that purpose connects directly to how you want to play.

Training Your Point Guard for the Modern Drive and Kick Offense

[Watch the free opening portion on YouTube](#)

P-O Alumni Message

Congratulations and welcome home to these alumni. We are excited to welcome you back to the P-O Basketball family, and we plan to keep you updated and involved with future events.

- Christian DeLozier — Class of 2024
- Mark Nartatez — Class of 1979 Coach
- Kris Vancas — Class of 1989
- Zack Meyers — Class of 2026

New Building News

We are actively searching for a company to help with the grant-writing process. We are also beginning to look for land while seeking a partner that can identify funding opportunities for the project.

One company currently under consideration is Grant Writing LLC in New York.

The new building fund campaign will roll out soon. The website is finished and ready to view. Our goal is to have the gym operating within five years.

[Visit the Little Mounties Sports Complex website](#)

P-O Program Standard

Come ready to compete, work, and get better. Buy in. Be consistent. Get stronger. Become better students and better teammates.

[Mountie Basketball](#)

[Mountie Youth Basketball](#)

#POBrotherhood #MountiePride #HumbleAndHungry #WeOverMe #OneTeamOneFamily #GetBetterEveryDay

Coach Anderson

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