



# PAT SUMMITT

## UNIVERSITY OF TENNESSEE

Keep it simple — don't try to teach to many things Not what you teach...it's what you emphasize.

**EMPHASIZE : Pressure Defense (first and foremost)**

Personnel gave opportunity to extend defense, add pressure  
Pressure can be 1/2 court, 3/4 court, full court We want to  
influence how the other team plays Should never be an off  
night on defense

**EMPHASIZE: Rebounding** Shoot-follow-finish in all  
shooting drills Finish shell series with board coverage  
Triangle rebounding/2 man follow ball on the offensive glass  
Defensive rebounding — use lid to work on it All defensive  
drills are finished with a blockout Find rebounding incentive  
awards for players Rebounding wins championships

**EMPHASIZE: Take Care Of The Ball**

Goal: 15 or less turnovers last year/12 or less next year  
Work on ball handling and passing every day  
Greatest improvement in last 3 years of UT basketball is ball handling  
Every player but 1 could bring ball up and get us in offense  
Opponents 4 has to pick up our 4 bringing it up the floor

**EMPHASIZE: Shot Selection**

Emphasize daily  
Transition: 1st shot is lay-up; 2nd is post up; 3rd is open shot w/board coverage  
Numbers plus board coverage equals green light in transition  
Ball reversal, back to middle, must have board coverage

Make free throws and lay-ups

PS goes nuts in practice on missed lay-ups

"Primary break shooting" transition shooting drills  
 Keep stats — want 60% or teams runs (start at 50% and build)  
 Free throw goal is 75% — Players understand stats  
 Use stats to discipline players thoughts  
 Stats - FG% 1/2 court & transition (different)  
 Break your offense down statistically  
 Don't stretch as a team/stretch on own

Stationary Ball-handling - 10 minutes

Down The Floor Players must stay in "ready" position  
 Toss over head and catch behind  
 Ricochet  
 Side dribble  
 Slaps

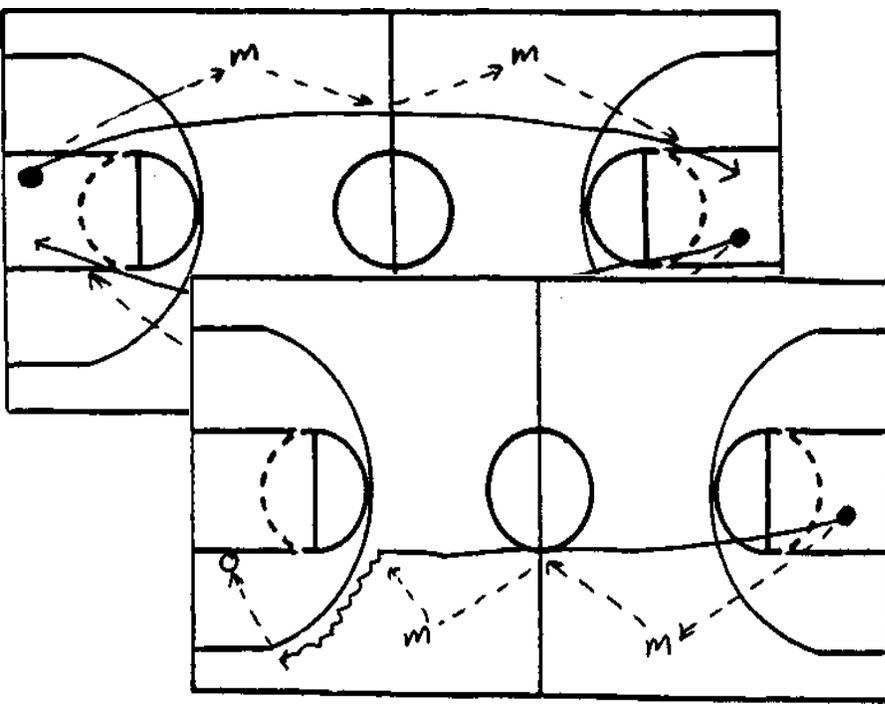
Change speed/change levels

Dribbling down left/back right (hesitate & exceleerate)  
 Dribble pull - teach point guards (right and left hand)  
 — for shot or set up to cross over  
 —good vs. traps  
 Dribble pull/cross over  
 Between legs down/behind back back - OK as long as they don't turn it over  
 Players must know what they do with the ball without turning it over

"If you don't mind your players turning the ball over, I won't".

Dribbling, passing, playing under control — drills need to be offensive specific.

"Every time you pass, be the hardest player on the floor to guard."



Dribble-Pass-Catch

Start w/throw on glass  
 Work both sides

"Speed all the way" Pass  
 on the dribble

Use managers as passers

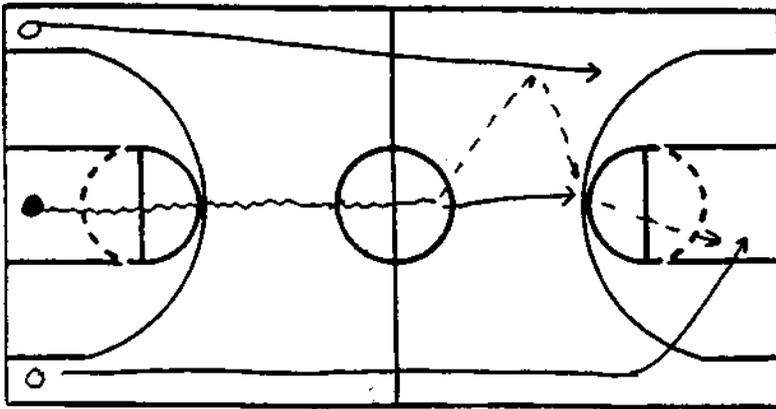
Same drill as previous except now feeding the post and relocating.

### 2/0 Slide & Pass Drill

- also works on defensive slides
- "hit 'em in the numbers"
- chest pass down, bounce pass back

### 2/0 Run & Pass Drill (PS calls out)

- pass only (chest & bounce)
- allow one dribble and pass (chest & bounce)

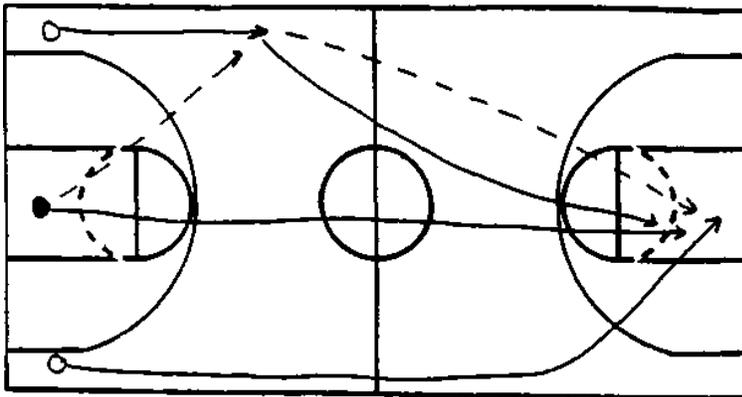


*10 minutes non-stop  
(pass-run-cut)  
side-center-side*

*"don't miss lay-up"*

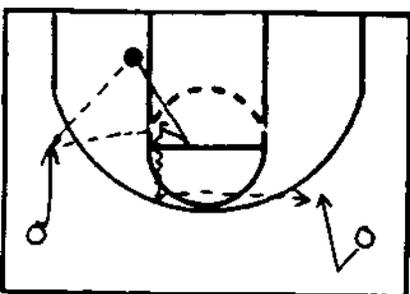
*"Run on sideline...  
touch the line*

Same drill as above...no dribble end with jumpers/board coverage Same drill as



above...end with skip pass wing to wing for lay-up Teaching Point: wings, if you don't get the ball initially, get to the basket. Also do cross-court and baseball pass.

### 3 LANE PRESS BREAK DRILLS



Use on dribble...jump stop...triple threat  
Come back to ball (talk) All the way down  
the floor

- 1st: one dribble
- 2nd: two dribbles (pass off dribble)

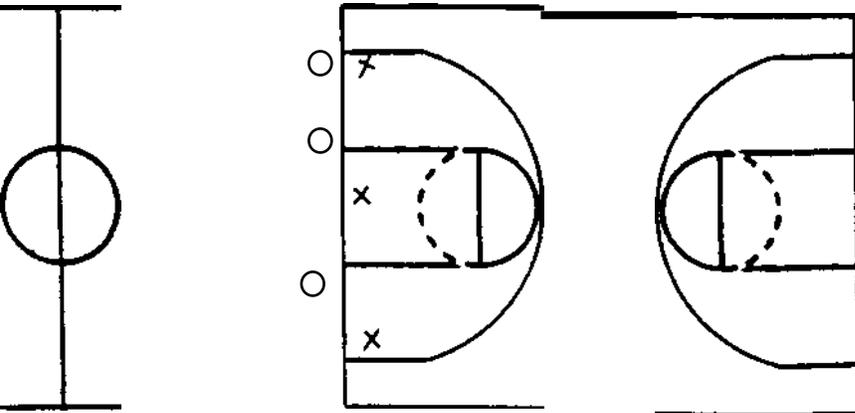
3rd: cross court pass

Add 4 players to inbound/then add defense  
"Always attack the basket"

"If the players hate the drill, it must be good."

Players have to learn to play without the ball

They'll play 1/1 in the summer...when I get 'em they have to work without the ball.



PS loves this drill!

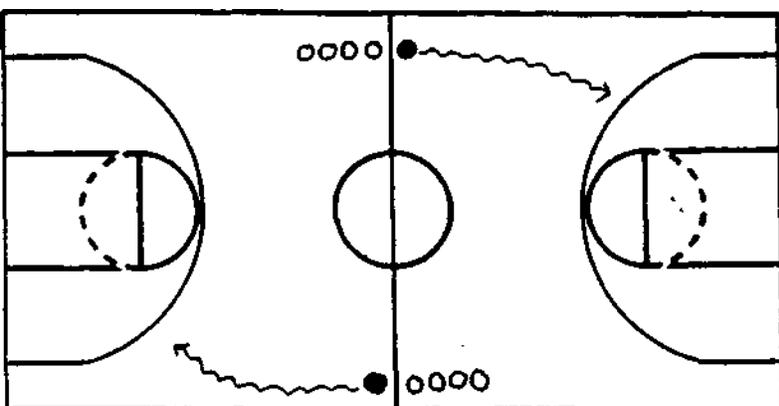
Offense-1 dribble only  
No long passes No  
skip passes. Must stay  
in lanes 3 sets  
Players switch lanes  
Works on discipline  
& toughness

Likes to put post players in the middle  
Talk: "ball" "deny" "help"  
Don't take timeouts at practice  
Give 90 seconds breaks (same as a game)  
Players grab water during scrimmage and drills  
Keep practice moving  
"I'm a three hour practice coach"

### PRIMARY BREAK DRILLS

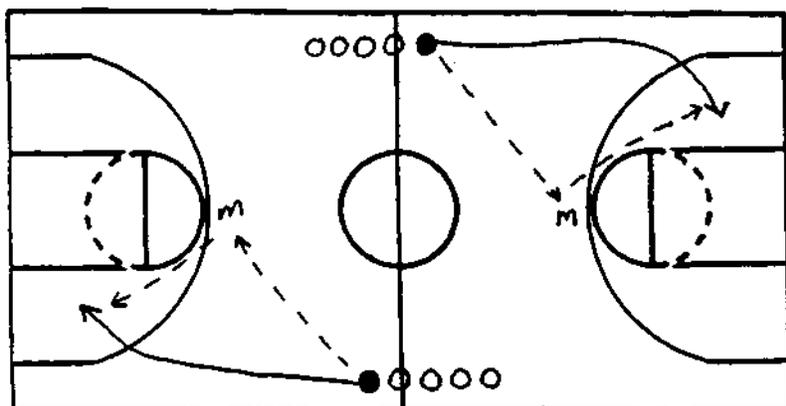
Doesn't like free shooting (game tempo shooting only)  
50 shots from 5 spots — Slumps are all mental



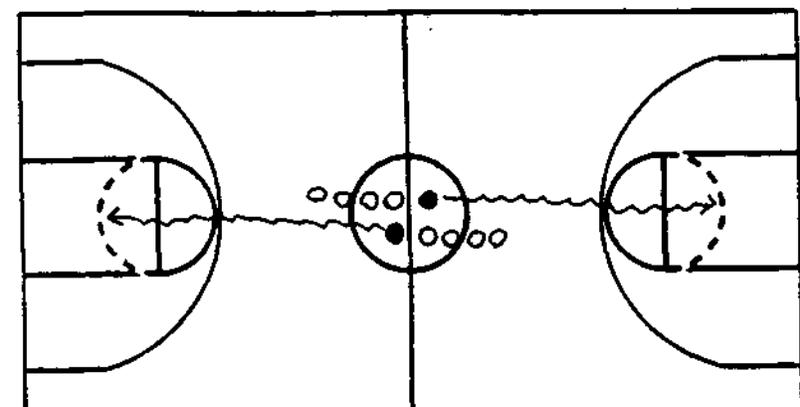


Use Dribble

Lay-up Bank shot  
Jumper 3-Pointer  
Change Direction



Same drill as above with same options except you are feeding managers with pass and getting return pass.



Go at both ends down the middle...

Lay-ups Elbow jumpers

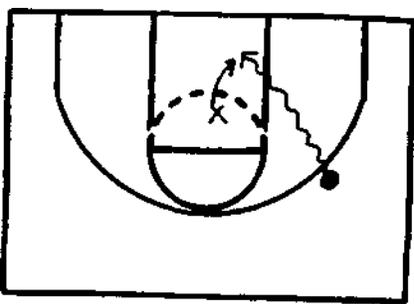
Allows finger roll but you better make 'em

Passing creates a more quicker tempo than dribbling.

Defense - start out teaching it 94 feet — more committed

Convert to defense in drills on everything — even 1/1 or 2/2 — everything!

"And One Plays" — attacking goal to draw foul

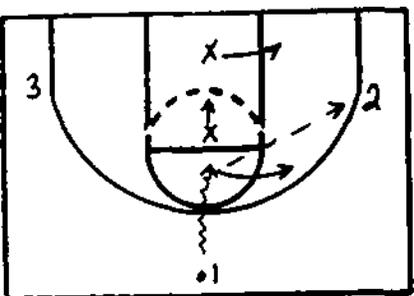
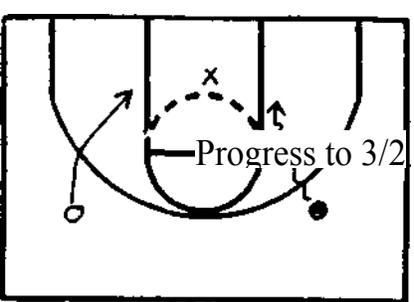


1/1

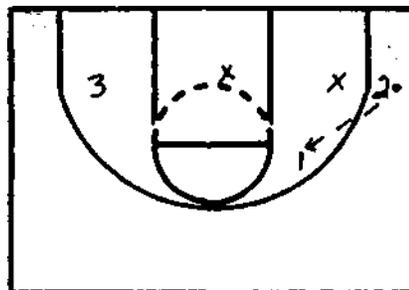
Keep stats - if draw foul

2/1

Make the defender play you  
If defender hands back, green light for jumper  
with board coverage



Attack the top man/  
turn into 2/1; fan the  
point to the elbow  
„\_\_\_\_\_ ballside



On return pass to  
point, think "shot"  
or  
"opposite"

3/2 on made shot - 3 man into press set up

—on steal, convert back

1-2-1-1 - no set spots/ make inside shot = you're on the ball

made jump shot = closest man is on the ball

Better the players, the more you expand coaching

Meet with players all the time

—Family night — they bring family photos

—Kids must know you really care

—9 of 12 UT players from single homes

"How do you want to be perceived as a player/team?"

—PS asks players

—"we want to run" PS - we must be in condition

—"we want to be unselfish" PS - we must learn to pass

—Asking this question and letting them answer creates ownership

—make them think it was their idea

Do conditioning on the court (make them comfortable where they play - on the court)

UT brought in speed and quickness instructor.

Coach must maintain and build level of conditioning

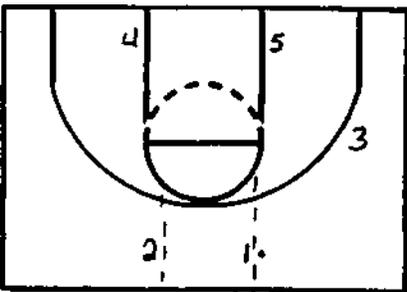
Writing book was best thing I ever did

—wanted to share

—can't give away too many secrets

# Coach Pat Summitt on Tex Winter's Triple Post Offense

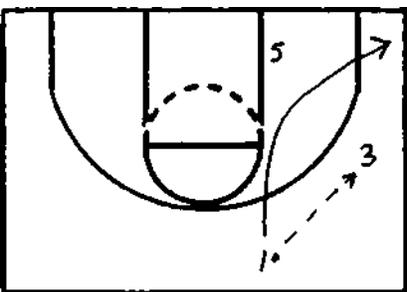
Triple Post Offense - not for every team  
 Good to prepare for defensive play  
 Equal opportunity offense - Jordan/Holdsclaw still get most opportunities  
 Can use flexibility  
 Likes to teach whole/part/whole  
 1st thing to decide is how do you want to position your players



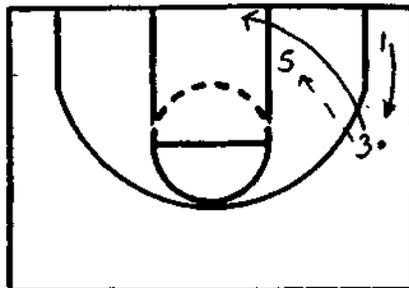
Spacing is critical to offensive success Constantly  
 working in triangle or two man game

How much 2 man game can you run? A lot  
 How much Triangle can you run? A lot  
 How much 5 player offense can you run? Not much

Short pass  
 entry to wing



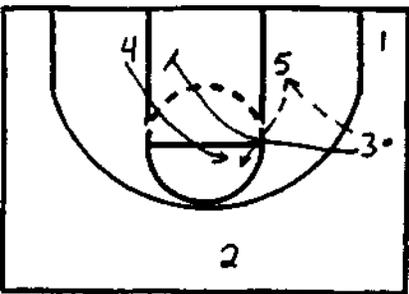
1st Option - Feed Post



Post 1st look is  
 to score Pass is

## 1st cutter

Once ball is fed to low post, high post drops down for board coverage.



Option #2:

Read defense on cutter  
If not open re-screen

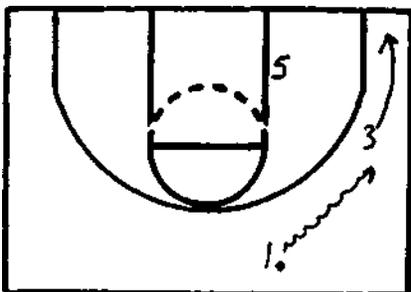
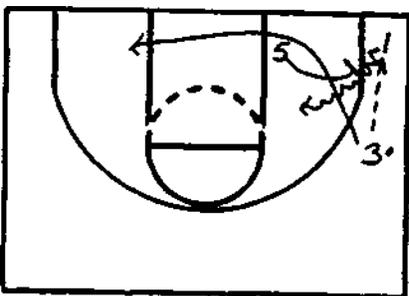
Anytime you have the backdoor, take it — automatic.

Remember — "When I pass, I cut"

When entry is not available to post,  
screen and roll

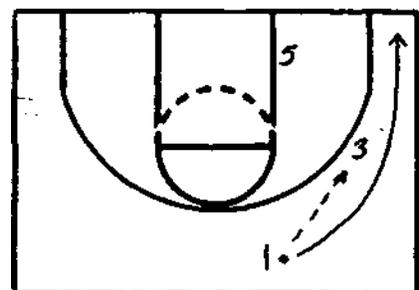
(2 man game)

Last option is to pass to corner;  
PS doesn't like corner (trapping/spacing)



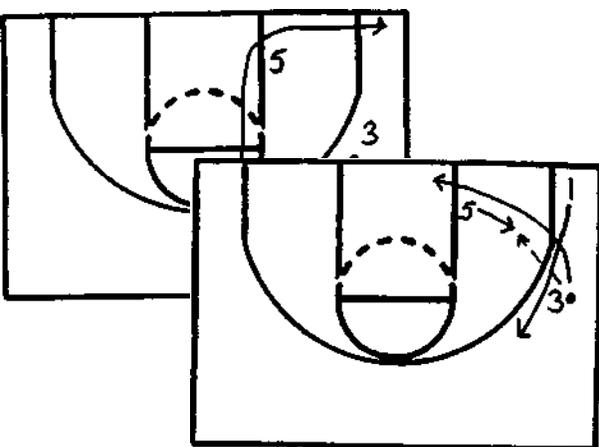
Dribble  
entry into

Pass & Go Behind  
(can bring defense  
to the ball)



Before you run any offense, look at the basket.

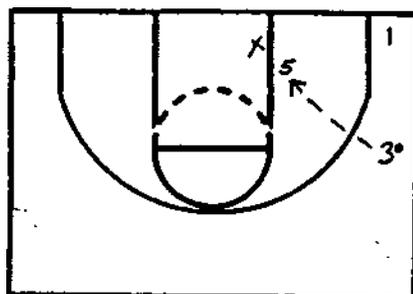
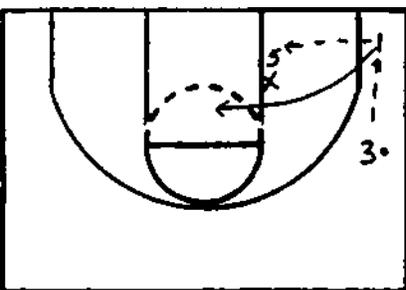
Cut behind low post to get into offense



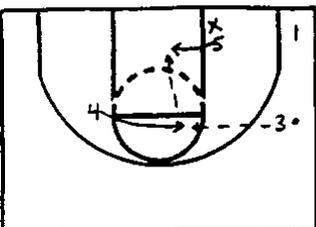
Triangle Ball Option

How do you decide what option to run? Read the defense

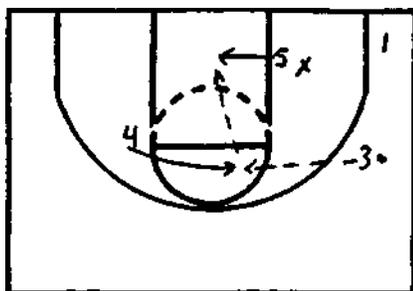
Defense on high side—corner cut high



Defense behind post



Defense on baseline-  
Post players are



connected - buddies

Defense fronting —  
Low post reverse  
pivot on seal

Tell guards to feed post without bring the post player out of her stance. You have to make the defense pay for helping

Breakdown offense everyday.

Triangle options (against no defense/against defense) Two man options (against no defense/against defense)

Must video practice — PS believes she is a better teacher because of it

Make your managers feel good

One of the hardest things to do is to teach yourself.

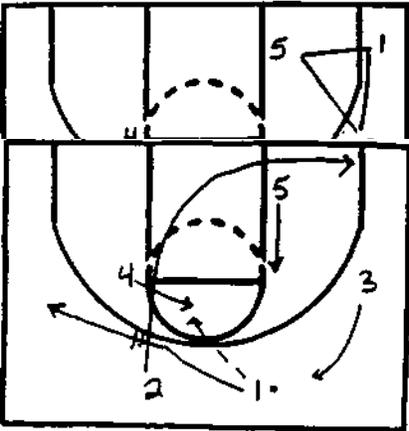
Big games won in practice — it is about preparation.

Have to simulate game conditions in practice

"If I had to guard us, what would I do?"

Hit the first open man — players lose sight of this simple thing.

Triple post offense is a series of triangles



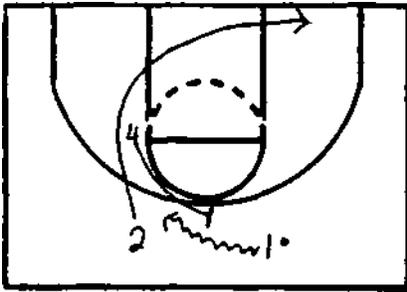
Great way to break down pressure on guards

1 - automatic backdoor

2 - handoff

Defender trails it is automatic pass to create a 2/1

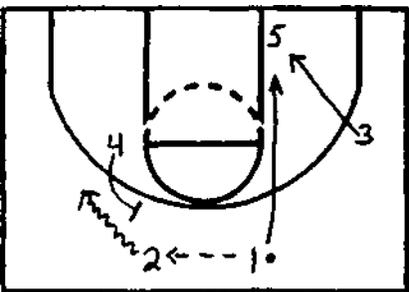
Two man game



Roll or open for shot

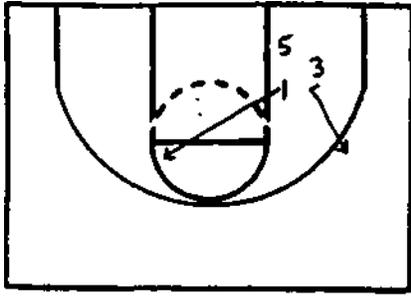
Two man game

Must teach fundamentals in all the options



1st Option: Pick & Roll

Two man game

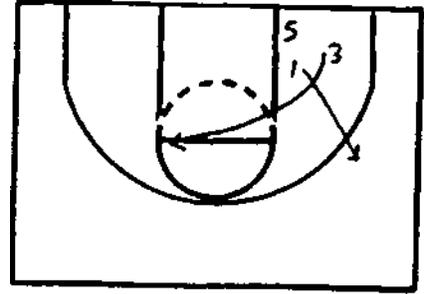


Weakside Triangle

low man talks  
"go" or "cut"

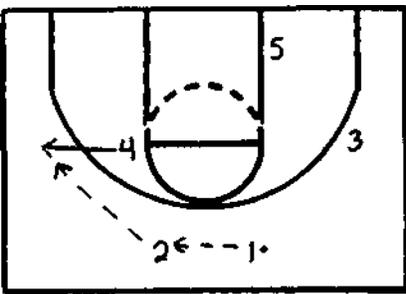
•Go

Cut

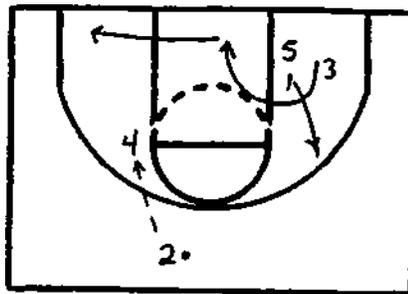


Read flash on weakside board coverage  
"Step Out" option

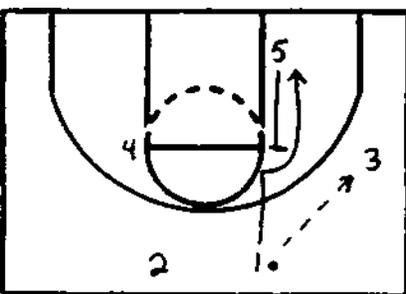
If defender players wing tight, back  
cut



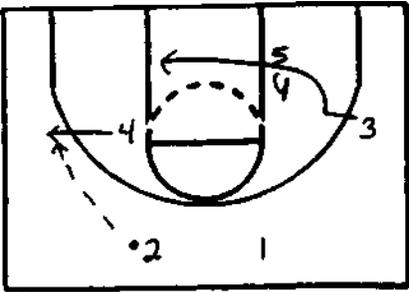
Curl cut option off weakside triangle



UCLA Cut to Triple Post



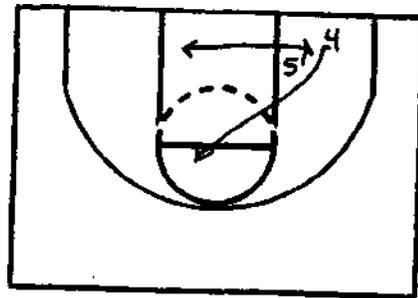
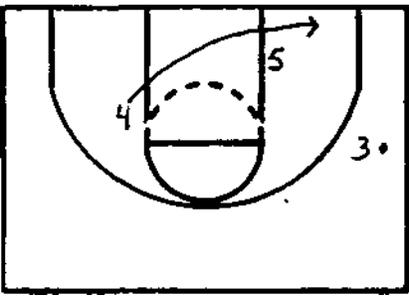
Flex Cut entry into Triple Post



PS philosophy against a zone, treat it like a man.  
Attack the defense.

Post players find a man and make them play man-to-man

Attack short corner vs. zone



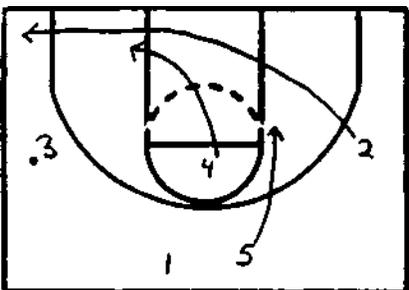
Corner cuts high, post goes low/corner cuts low, post goes high

Practice (go against a lot of different looks)

\*•••

Fill spots in transition...big guy at 4 or 5 spot only

Got a lot of action from weakside fill



Sometimes PS tells players to figure it out — they might teach you something.

Must dribble, pass and make decisions

Don't have to have great shooters; can get great shots from passing and cutting

You'll know what we are going to do — but we'll do it with passion.

Remember that passion starts with coach.

Teach concepts — teach the games

Teach how to play — not plays

## TENNESSEE DEFENSE

All starts with half-court principles

Defense and rebounding must be a priority

Must understand it is a game of transition...transition comes from practice preparation.

On ball specialist pick up ball in transition (might use closest man to ball)

— other 4 retreat to defense

### 5/5 Change Drill

#1 Priority - stop ball early

Divide court — "keep it out of the kitchen" (middle)

Offense - "get ball in the kitchen and feed everyone on the team

Goal - only defend 1/2 the court

In transition, must see the ball (all 5 defenders)

All players must be ballside of rim

Turn ball at least twice in the backcourt

Influence ball handler to change directions

Ballside defense = 5 defenders vs. 3 offensive players

On the line, up the line (Meyer/Dick Bennett - best upline coverage)

No touch defense (except post)

Arm bar in post/not body up

Teach them to play with feet, not hands

Keep opponents off the line (we want 30 FTA to opponents 15 FTA)

— this is done with defense Halftime: PS

asks about FT trips on stat sheet High hands, low

hips, quick feet Thumbs to our ears, mirror the ball

Stat — 23 deflections a game (goal)

Hands to the ball = deflections  
Ball above free throw line — up hill — arm bar the post  
Step through move to front  
Ball below free throw line — help on ballside of rim  
One pass away denial  
Man-to-man has flexibility  
Open denial - trap 1st pass  
Teach system and then make changes  
Wing-Guard pass, must come up and take away drive to middle  
Force to baseline (not basket)  
Drill side line defense (closeout/denial)  
Drive to middle (early help)  
Recover up the ball line — the pass not your man

"Ball - Man - Defense" is what PS calls UT defense (importance of terminology)  
—responsible for ball and my player — eliminates selfishness

High hands by ball defender makes skip tough

In November & December PS doesn't make changes in her defense — builds system  
"Coach for March"

Ball moves — we move — shift when ball is in the air

"Everybody guard the ball"

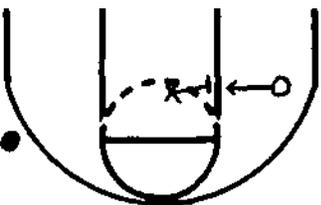
Arm bar ball cuts — make cutter change direction

Jump to the pass (give & go)

Ownership — must communication as a team to be great

3/3 always convert

Basket cut — take cutter on immediately and force away from bar



Arm bar — don't force high or low,  
just make cutter change directions

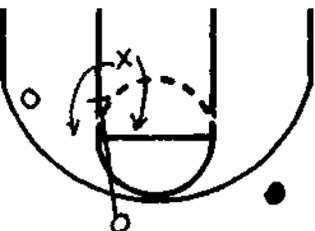
Cuts away - "don't let them cross your face"

## SCREENS OFF BALL

If defender is running into the screen then he is giving "false effort".

UT rule — take the biggest gap

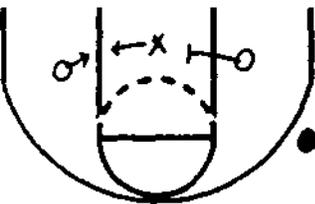
Vs. great player, go on cutter's side of screen



## POST SCREENS

Easiest thing to do is to switch..if you do decided to do it the hard way, it will eventually work.

Turn back to ball and keep between him and the ball. Screen defender can help.



Sometimes will switch if caught. Man closest to the ball calls the switch. Communication eliminates confusion.

## BALL SCREENS

Above 3-point arc, slide through

On ball screens from wing —

- Make them use it (force the action) — you wanted it, you use it
- take away baseline

Screen defender (Great Teaching Point: touch it, show it)

- if he slips, go with him
- force ball high, arc
- dead front the roll

Like to have help in breakdown drills so defender knows it will be there.

## TRAPPING ON SCREENS

Like to do a lot

- same technique
- make 'em beat us vs. trap
- help must pick up slip
- trap can not give ball the drive
- do not foul on a trap
- angle to make dribbler step out

On switch, defender must get below roll man.

Before game, go over game goals — always address ball screen defense.

Time out — like to change defenses (ball screen defense) — make players repeat

Switch all back screens to basket (no lay-ups)

Don't switch UCLA cut because we have help

Teach your team the game

Can scout at all levels

Closeout drill - everyday — convert

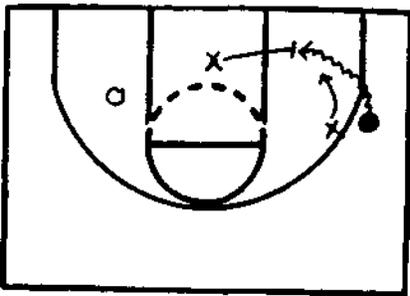
- label offense on closeout: 3-point shooter, driver, both
- defense adjusts accordingly

Teach everyday to defend different type players

Must help — must help the helper (teach rotation everyday)

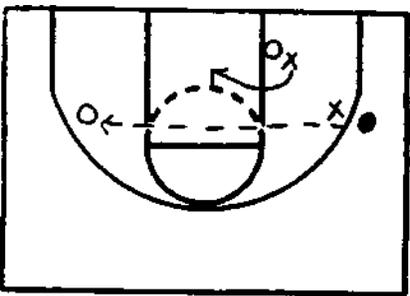
Players don't like to be selfish — show selfish examples on defense

If you help, help outside the paint  
Closeout - drill everyday



Must learn to scramble with man-to-man

When fronting low post, on skip pass  
avoid contact and beat him to the ball



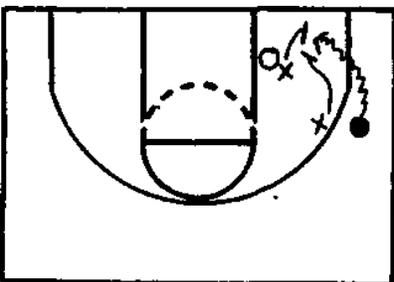
UT fronted low post 37 times our 39 games

If you don't give them to  
many things to think about,  
they play a little better.

On handoffs:

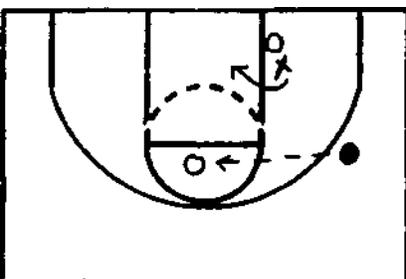
- trap, switch, slide through
- PS likes trapping
- handoffs to maintain pressure -
- handoff to best player
- automatic trap

If you front the low post, and  
can't get inside him to  
blockout, slide to the middle  
of the paint.

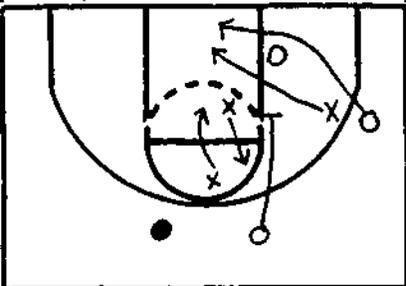


Trap baseline penetration Or  
show, help, and recover

Fronting low post and ball fed to high post-  
avoid contact and try to get on high side

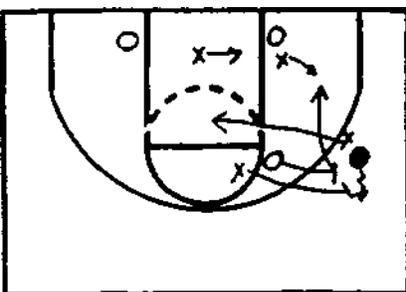


Screen defender — man hunt on recovery



Defending Flex Cut Easiest  
way is to switch

You can also slide through the biggest gap



Arm bar tough off-side rebounder and keep your defender a little closer to him  
than normal.

Contest all shots (call "shot")  
— don't try to block shot  
— last thing shooter hears is your voice  
— last thing shooter sees is your hand

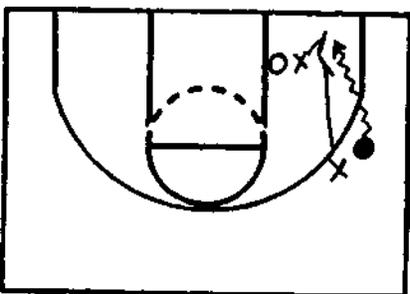
Scouting dictates changes

—will force to weak hand (away from baseline)

Vs. Alabama 1-4 Low (Bama wants 1/1 instead of 5/5)

— rotate to match-up

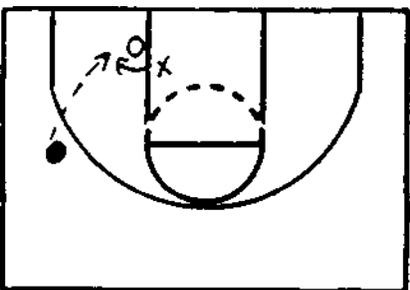
— or use a designated trap



Wing get high and force ball to baseline  
for automatic trap

Use special call

Open denial to get steal attempt in post



"Why am I the most enthusiastic person in the gym? It's your team!" PS

hates the word "girls" — too emotional PE Building Mentality — "keep the court"

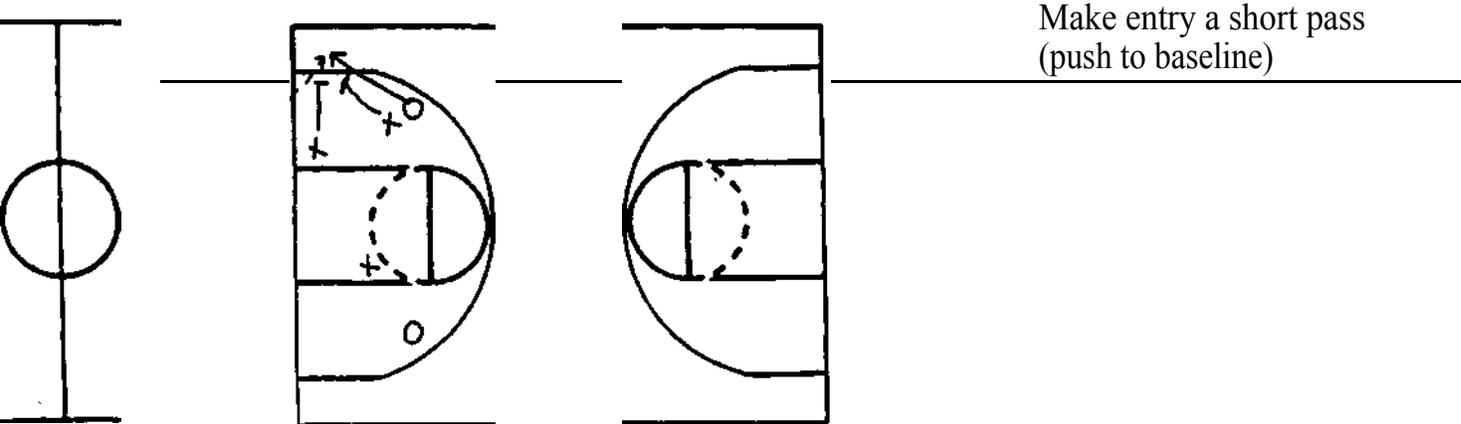
Personality Profile — know what button to push

- gave guards notebook with all profiles — "learn them"
- not every kid is alike

Jackie Aisly (423) 966-4171 (Conditioning program)

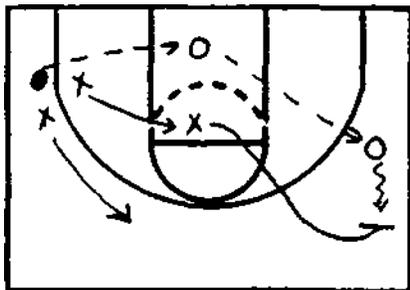
Coach Summitt's office (423) 974-1111

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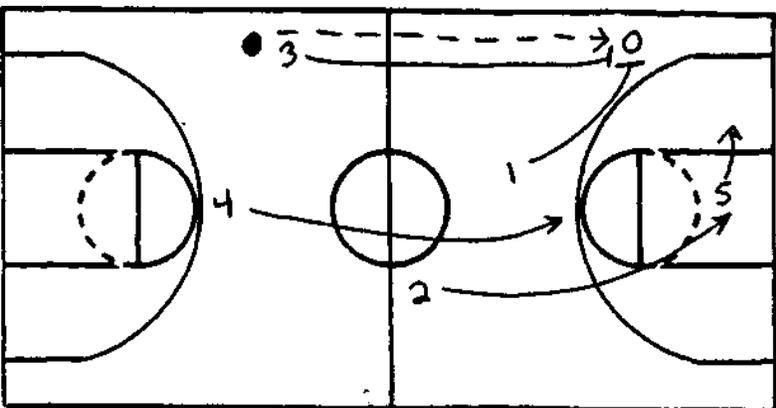


Work on sprinting out of traps; key concept: cover middle of floor and cover diagonals.

Deep man — don't give up lay-ups



Cut off sidelines



## Press Conversion

Get another trap-stay in it even after ball crosses 1/2 court

### Rotation vs. Skip

- ball
- up ball line
- diagonal
- diagonal long

If you press, you must live with giving up some lay-ups

"What did I learn from winning championships? That you win with people. Appreciate you staff. Do everything you can for them and they will repay you with hard work, passion and loyalty. Above all, love your kids. I have high aspirations for them — so high that I hope their four best years of their life aren't with me."