Mongoose Girls Basketball Playbook
MONGOOSE BASKETBALL

TEAM MISSION: TO PROVIDE AN ENJOYABLE, COMPREHENSIVE & DISCIPLINED OPPORTUNITY FOR ALL PLAYERS.

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MongOOSE Basketball Team Philosophy

• Every Player has value. Some are shooters, some set picks, some are passers, some are rebounders & some are defensive standouts.

• Every Player must be supportive of each of her teammates, especially when they make a mistake.
  – It is not enough to be positive when winning, it is the mark of a champion as to what her attitude is when persevering through adversity. “Some days you eat the bear, and some days the bear eats you.”

• Each player must come prepared to play at practice and games.

• Each player chooses how hard they will work. A coach can motivate, but cannot compel performance.
Mongoose Basketball
Offensive Philosophy

• Everyone Shoots.
• Everyone Drives with cross-over move when defensive player too close.
• Everyone Rebounds except for safety valve.
• Everyone be prepared to press after made basket.
• In Mongoose System:
  – Shot within 12 seconds.
• In Half Court:
  – No 3 pointers unless called by Coach.
  – Sharp cuts by EVERY player.
  – Do NOT roam out of position.
• **Player 1 – Point Guard.**
  – *The 1 is a leader. She must be unselfish in the distribution of the ball. She must be able to penetrate and look basket first. She must motivate her teammates with positive reinforcement.*
    • 1 drills focus on every angle of lane penetration & passing to multiple options.

• **Player 2 – Shooting Guard.**
  – *The 2 is fearless in shooting from outside and works with a closer mentality, forgetting every missed shot, she must be able to anticipate where the openings in the defense are for penetration.*
    • 2 drills focus on 3 pointers from her court position & penetration from wing.

• **Player 3 – Small Forward.**
  – *The 3 is the team cheetah and makes lay ups without fail. She must run the floor at a sprinter’s pace (never jog) & in her lane. She must execute cutting to the ball & for picks with a razor’s edge.*
    • 3 drills focus on lay ups (and controlling long passes) off the fast break & pick/rolls.
Player 4 – Small Forward.

- The 4 has the heart of a lion on offense. She must run the floor every time knowing her primary role on the System is to provide openings for other players through picks. She is a primary rebounder and must go directly to the basket for a quick rebound and put back. If she gets a quick pass, she must be prepared to immediately turn and shoot or push it back outside to the 2 player for a 3 pointer.

  - 3 drills focus on pick/roll and rebounding. Also, catching long and intermediate passes with a quick pivot for an immediate shot.

Player 5 – Center.

- The is Zulu warrior on the offense. She will be fearless in aggressive rebounding every time down the floor and lead the team in offensive rebounds. She must be the most athletic player combining strength and courage under the basket and the most proficient pick & roller on team.

  - 5 drills focus on pick/roll, rebounding, second jump rebounding drills, strong drives to the basket off pick/roll, and post up positioning under basket.
Mongoose System Offense
Mongoose System – 1 Drive
Mongoose System – 3 Long Pass
Mongoose System – 2 Three Pointer
Mongoose System – 2 option play
Mongoose System – Picket Fence (2-3)
Mongoose System – Iso Pick & Roll (1-5)
Mongoose System – Money Pick & Roll (1-4)
Rikki Offense – Half Court Set
Rikki Alignment
Cowboy Alignment
Indian Alignment
Spider Alignment
Motion
Eagle
Grizzly
Kentucky
Wooden
Travis
Alcindor (Entry Pass to 5)
Alcindor (2nd Option by 5)
Alcindor (Entry Pass to 3 or 4)
Puff Press Break

Diagram of a basketball court with players marked at positions 1, 2, 3, 4, and 5.
OOCLA Press Break
Out of Bounds Set Plays
Picket Fence
Picket Fence - Sideline
Yellow Submarine - Sideline
Gideon - Sideline
Hickory - Sideline
Mongoose Basketball Defensive Philosophy

- Everyone Runs ALL THE TIME.
- Create space between you and the person with the ball UNTIL she picks it up – then assault her.
- Keep your hands up wide in the passing lanes.
- Deny the ball from a ball-side attack.
- Press Defense
  - We are looking for steals at all times in the press.
  - We do NOT give up a layup or shot from blocks if they break the press.
- Half Court Defense
  - Be quick to rotate in our zone to prevent cutters.
  - On loose ball or rebound get the ball to the number 1 player ASAP.
  - Do NOT allow penetration into the middle or an initial pass to the middle.
UCLA Press Defense
1-2-1-1 Tech Press Defense
Freak Press Defense
Mongoose Half Court Defense
Maltese Cross Defense
Freak Half Court Defense
Double Mongoose Defense
2-3 Defense
One hour practice themes

• Half court offense - 5 minutes
• System offense - 10 minutes
• Out of bounds plays - 10 minutes
• Half court defense - 5 minutes
• Full court press defense - 10 minutes
• One on one drills - 5 minutes
• Pick and roll drills - 5 minutes
• Scrimmage - 5 minutes
• Put out - 5 minutes
Two hour practice themes

- Half court offense - 10 minutes
- System offense - 30 minutes
- Out of bounds plays - 10 minutes
- Half court defense - 10 minutes
- Full court press defense - 15 minutes
- One on one drills - 10 minutes
- Pick and roll drills - 10 minutes
- Full court 3 on 2 drill - 10 minutes
- Scrimmage - 10 minutes
- Put out - 5 minutes
Offense - Drills for Practice - Defense

- Half court offense
  - Swing Around
  - Rebound - pivoting
  - Play options
- Out of bounds
  - St. Peter cut
  - Toy cut
  - Yellow Sub passes
- System Offense
  - Pass to 3
  - Pick & roll
  - 3 on none
  - Full court on none, 3 on 2, 5-2, 5-3
- Press Breaks
  - 5-3, made basket, missed basket, LMU
- Shooting
  - half court shots, system shots, free throw
- One on One
  - Cross over step, jab step, acceleration, cross over dribble
- Pick & Roll
  - from each play n half court and system

- Half court defense
  - On ball position
  - Off ball defense
  - Out of bounds
  - Rotation
  - Help defense
  - Penetration denial (1 on 3) (1 on 2) (1-1)
- Press defense
  - 3 on 5
  - 5 on 5
  - Trap on sidelines
  - Rotation traps
- Transition to press
- Full court 3 on 2 drill with stick man
- Two on one trap
- Rebounding
  - Blocking out I on 1, 2 on 2, 2.5 on 2.5
  - Pass to outlet
  - Pivoting
- One on one
  - Foot position – drop step and recovery
  - Hand position
  - Mongoose and freak drive to corner