

Building an Up-Tempo Offense

2010 Final Four, WBCA Assistant Coaches Roundtable Session 1, April 6th, 2010

Bill Ferrara, Central Michigan University – email: Bill.Ferrara@cmich.edu

Running an Up-Tempo Offensive System is like Marriage...

The most important things are *Commitment, Trust, and Love.*

1. Offense mixes best with Simplicity and Consistency.
 - a. K.I.S.S.
 - b. Muscle Memory
2. Practice
 - a. Volume Shooting
 - i. We shoot 45 minutes everyday
 1. Game shots...from game spots ONLY
 2. Every shooting drill needs to be competitive, scored, timed, and FUN!
 - ii. Some Fun Up-Tempo Shooting Drills:
 1. Olympic Shooting
 2. 5+1 3 Point Shooting
 3. Full Court Attack
 4. Plus or Minus 50...4 Minute Shooting
 5. Volume 3s – Who's going to be in the 50 Point Club?
 - b. Confidence Building (Swagger) – We all have to be “Corner Men and Women”
 - c. Must be Up-Tempo if you want to play Up-Tempo in the games!
 - i. Talk fast, Move fast, etc...
 - ii. Each drill has to be at the pace that you want to play
 - d. Hold Your Whistle!
 - i. You can't be blowing your whistle correcting things all the time...no one likes that ☺
 - ii. Trust your assistant coaches to coach and correct on the baseline...that's how to fix things – 1 on 1 interactions – 1 on 1 attention
 - e. Up-Tempo Practice Drills:
 - i. 10 Second Drill
 - ii. 11 Player Fast Break
 - iii. Buckeye Basketball
 - iv. Shell Drill and Rebounding Drills must also be Half Court/Full Court to always work on transition!

