



# Coaching the System: A complete guide to basketball's most explosive style of play

*Gary Smith, Doug Porter*

Download now

[Click here](#) if your download doesn't start automatically

# Coaching the System: A complete guide to basketball's most explosive style of play

*Gary Smith, Doug Porter*

**Coaching the System: A complete guide to basketball's most explosive style of play** Gary Smith, Doug Porter

"If you are interested in Coaching the System, you must be either desperate or crazy!" At least that's what people told authors Gary Smith and Doug Porter when they began investigating this revolutionary style of play almost a decade ago. Ignoring the critics, they went on to coach the two highest scoring teams in men's and women's college basketball history: the University of Redlands, California (132.4 ppg), and Olivet Nazarene University in Illinois (104.1 ppg). From its origins as the Sonny Allen Numbered Fast Break, to Paul Westhead's Loyola Marymount up-tempo game, the System has been around for decades. But when Grinnell College's David Arseneault added platoon substitution patterns and hockey-style short shifts, placing a priority on creating three-point looks for his "preferred shooters," the System truly came into its own. Smith and Porter learned the Grinnell version of the System from Arseneault himself, adapting it to fit their situations coaching men's and women's programs. In the past decade their teams set 32 NCAA and NAIA records between them, including most 100-point games in a season (Redlands-23; Olivet-24). Olivet also holds national records for defensive turnovers (36.3 per game) assists (23.8 per game), and three pointers made in a season (509, 15.6 per game). Redlands owns college basketball records (all levels) for field goal attempts (110.3 per game), and three-pointers made (23.8 per game). Now you can learn every detail of this devastating full court run-and-press attack that allows you to dictate tempo and force your opponents out of their normal game plan, capturing the imagination of your players and community, and making coaching fun again! You'll learn exactly how and why the System works, how to adapt it to fit your personnel, suggestions for conditioning players, organizing System practices, and even ways to respond to the inevitable criticisms that come with playing the game this far "outside the box." Other chapters offer complete descriptions of the Redlands Attack (Coach Smith's variation of the Grinnell offense), the LMU Attack (which Westhead popularized and used to advance to the NCAA regional finals in 1990), and the Olivet Attack (Coach Porter's hybrid version of the LMU and Dribble-Drive offenses). Finally, you'll learn System defensive principles, terminology, and how to cover every conceivable press attack and press-breaker alignment. Also included are 57 drills and over 300 diagrams to illustrate System offense and defense, providing you with a complete blueprint for "Coaching the System!"

 [Download Coaching the System: A complete guide to basketbal ...pdf](#)

 [Read Online Coaching the System: A complete guide to basketb ...pdf](#)

## **Download and Read Free Online Coaching the System: A complete guide to basketball's most explosive style of play Gary Smith, Doug Porter**

---

### **From reader reviews:**

#### **Ben Papenfuss:**

Throughout other case, little individuals like to read book Coaching the System: A complete guide to basketball's most explosive style of play. You can choose the best book if you love reading a book. As long as we know about how is important the book Coaching the System: A complete guide to basketball's most explosive style of play. You can add knowledge and of course you can around the world by way of a book. Absolutely right, due to the fact from book you can learn everything! From your country till foreign or abroad you can be known. About simple factor until wonderful thing it is possible to know that. In this era, we are able to open a book as well as searching by internet product. It is called e-book. You can utilize it when you feel bored stiff to go to the library. Let's study.

#### **Jennifer Newhouse:**

This book untitled Coaching the System: A complete guide to basketball's most explosive style of play to be one of several books that will best seller in this year, this is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this book in the book retailer or you can order it by using online. The publisher with this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Touch screen phone. So there is no reason to your account to past this reserve from your list.

#### **Mable Watkins:**

Spent a free a chance to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they doing activity like watching television, planning to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the publication untitled Coaching the System: A complete guide to basketball's most explosive style of play can be very good book to read. May be it could be best activity to you.

#### **Keith Karam:**

Beside this Coaching the System: A complete guide to basketball's most explosive style of play in your phone, it may give you a way to get closer to the new knowledge or information. The information and the knowledge you are going to got here is fresh through the oven so don't possibly be worry if you feel like an outdated people live in narrow village. It is good thing to have Coaching the System: A complete guide to basketball's most explosive style of play because this book offers for you readable information. Do you oftentimes have book but you seldom get what it's about. Oh come on, that will not happen if you have this in the hand. The Enjoyable option here cannot be questionable, including treasuring beautiful island. So do you still want to miss the item? Find this book and read it from right now!

**Download and Read Online Coaching the System: A complete guide to basketball's most explosive style of play Gary Smith, Doug Porter #NL1UH8EF5A3**

## **Read Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter for online ebook**

Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter books to read online.

## **Online Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter ebook PDF download**

**Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter Doc**

**Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter Mobipocket**

**Coaching the System: A complete guide to basketball's most explosive style of play by Gary Smith, Doug Porter EPub**