

Descriptions of DVDs

DVD 1: Building a Champion Program Through Team Attitude

In this DVD Coach Meyer uses an acrostic with the word “attitude” to help teach players the essential qualities that a solid team possesses. This may well be the single most important DVD that a coach could order.

DVD 2: Man-to-Man Defense: A System

Incorporate a defensive system that stresses the importance of the total team defense. The system is organized into nine defensive rules built on three keys: tremendous pressure on the ball, strong outside help, and quick inside help.

DVD 3: Motion Offense: Simplified Principles

A very easy-to-teach approach to motion offense –starting from the basics of moving without the ball, setting screens and the types of cuts made off screens. This motion offense helped the Bisons consistently lead the nation in scoring.

DVD 4: Zone Attack

An answer to many coach’s struggle with zone defenses, this DVD deals with why teams zone, how you should determine your zone attack, perimeter principles, inside principles and much, much more. No longer will you fear zone defenses.

DVD 5: The Match-Up Zone

The match-up defense is a great compliment to an aggressive man-to-man defense. Get a simple look at the basic principles of an aggressive 2-3 match-up zone and become a better teacher to your players.

DVD 6: Becoming a Great Shooter

This DVD is based on Coach Meyer’s successful book “Becoming a Great Shooter,” a fundamental look at shooting the basketball properly. You’ll learn the drills straight from the coach whose team has constantly been among the top five in field goal percentage.

DVD 7: Developing Your Posts Players

The top two scorers in college basketball were post men in Meyer’s system. This deals with the mental approach of playing the post and how to develop your big kids into effective post players.

DVD 8:

Starting with the mental approach, this DVD takes a guard from putting the ball into play through running the fast break, attacking pressure, feeding the post and much more. Players and coaches will benefit from the study of this valuable DVD.

DVD 9: Utilizing and Defending the 3-Point Shot

Develop a foundation for a solid philosophy in regard to the three-point shot. This DVD five solid methods to obtain quality three-point shots, defensive emphasis on guarding three-pointers, and a special section on stopping late game three-pointers. Helpful drills are included.

DVD 10: Developing Your Perimeter Players

This DVD takes you through everything involved in game preparation –game-day procedures, locker room attitude, pre-game warm-up, bench organization, halftime procedures, post-game procedures, and much more.

DVD 11: Winning Special Situations

Take a close look at complete organizations of special situations. This DVD will prepare you for jump balls, time outs, press offense, playing the clock, the come back game, out-of-bounds plays, free throw situations and more. You’ll learn to win the battles that win the war.

DVD 12: The Transition Game

The transition game starts with the aggressive philosophy built on an attacking mental attitude defensively and offensively. Learn the keys to a 94-foot game –including conversion, the primary fast break and the secondary fast break – from the team that led the nation in scoring.

DVD 13: A Championship Approach to Strength Training and Conditioning

An easy to understand approach to strength training and conditioning. Brad Bates, Vanderbilt University Strength Coach, demonstrates a program using free weights, nautilus, universal, and manual exercises.

DVD 14: Drills for Teaching Individual and Team Defense

An on-the-floor demonstration of drills and teaching techniques to implement your defensive rules. This DVD will help you man-to-man defense or zone defense.

DVD 15: Drills for Teaching Individual Fundamentals and Team Offense

Individual, partner, and team drills that help develop the fundamentals necessary to play at a championship level. This DVD will help your team regardless of your style of play.

DVD 16:

Learn the very best schedule for practices on a daily, weekly, monthly and yearly basis. Probably one of the most requested DVDs Coach Meyer has produced, this DVD shows a typical Bison practice.

DVD 17: Creating Turnovers by Pressing with Selective Trapping

Utilize full-court and half-court trapping to disrupt offensive patterns. Take a star out of the game... speed up tempo... force non-handlers to handle and role players to take shots. Develop a philosophy of high percentages trapping to score from your defense.

DVD 18: Special Series, Plays, and Entries to Compliment Motion Offense

Find a way to get the right player the ball in the right spot. Learn how to take advantage of particular match-ups, defeat defensive pressure, and attack sagging defenses. Develop quick hitting to utilize the clock.

DVD 19: Drills and Techniques To Improve

Learn the newest drills and techniques taught to and utilized by one of the nation’s finest shooting teams. Learn from individual and partner drills to develop and maintain great shooting techniques. The fundamentals of shooting will be thoroughly explained and then demonstrated by the Bison players.

DVD 20: Building Your Motion Offense From Scratch

Learn how to develop your motion offense building a strong base of individual and team fundamentals. Special care is taken to teach: strong post play, sharp passing, cutting and screening; penetration for finishes at the basket or open three-point shots; and strong offensive rebounding.

DVD 21: Individual Development Workouts: Building Your Perimeter Play

Learn how to execute the skills and develop your perimeter game to its highest level. These perimeter skills and their execution are fully explained by Coach Meyer and demonstrated by his perimeter players.

DVD 22: Individual Development Workouts: Building Your Post Play

Great program for post players to learn the basics of post play and quickly improve their play in the paint. Each skill is carefully explained by Coach Meyer and demonstrated by the Bison big men.

DVD 23: Game Analysis: Evaluating Each Possession

Learn how to evaluate each possession in terms of transition, quality of shots, and board coverage. This system coordinates nicely with an offensive efficiency rating system. Teams really learn to understand what wins or loses games with this system.

DVD 24: The Best Things I’ve Seen In Coaching

Ideas gained from 30 years of coaching and studying the greats in coaching. The best ideas from people like Wooden, Shula, Knight, Smith, Pitino, Williams, Krzyzewski, Parcells and countless other coaching legends. A must for helping you continue to develop a solid philosophy.

DVD 25: Point And Talk Match-Up Defense

This defense allows you to confuse an opponent’s offense while keeping your big players in the lane and small players out on the perimeter. Learn the rules of the defense and the teaching points necessary to teach your players how to successfully play to this team defense.

DVD 26: Offensive Guard Play: Beating Pressure and Finishing

Coach Meyer’s son Jerry holds the record for career assists by a collegiate player. Jerry’s on-the-court demonstrations teach the awareness, communication, timing and deception that are key elements to enable your team to break down pressure and make plays.

DVD 27: Bison Basketball Fundamental Drills

Coach Meyer and the Bisons go on the floor to show you core skill development work, perimeter and post progression, the Riley Drill, three lane push, secondary break progression, cutting and screening sequences - - - over two hours of drills.

Tape 28: Developing Toughness and Playing Hard

Learn the practice techniques and drill that can help your program develop toughness and teach your players how to play hard. Everything from pre-practice team meetings to each practice drill is shown by the Bisons.

Tape 29: Attacking Pressure, Presses and Traps at Any Level

Observe and learn the principles to attack full court presses, half court traps, and half courts pressure. Learn concepts to help you inbound safely, attack the middle of the defense, and finish successfully.

Tape 30: Skill Development Workouts for Players at Any Level

This tape with Jerry Meyer helps players at any level to understand what skills are needed, how to develop these skills and how to access your skills to make plays in big games. Great for any player from junior pro to the pros and in between.

**Hand Outs Will Be Provided For Each Dvd You Select (In The 1-30 Series) For Your Coaching Library.

NEW OFFERINGS

Basketball the Don Meyer Way

Watch as Coach Meyer and his staff take the Wolves through three practices in the days leading up to a post season tournament game. They will emphasize defensive and offensive skill work, special situations, scouting and more. You will also see the teams game day practice and game preparation meetings. Then, you get an all-access pass to the locker room and the court as the coaches and players make last minute preparations for the game.

This two DVD set runs for four hours.
Cost \$70

Don Meyer: A Playbook for Winning Basketball

This DVD unveils secrets to game preparations and game situations. Coach Meyer shares his catalog of six game preparation keys for his team. He also reveals his five stages of defense and how they are implemented. Twenty special situations provide insight on how to prepare and win close games. He demonstrates key defensive techniques to defend the 1-4 low offense. These special situations have been developed from Coach Meyer’s 1,200 games as a head coach.

This 71 minute DVD comes with a copy of Coach Meyer’s game sheet.
Cost \$35

“After working with Don in the Sports Festival, I can understand why his team won the National Championship. He has a great ability to simplify the game and to teach. His DVD are top quality.”

~Mike Krzyzewski