

The Secrets Behind the Kansas Jayhawks' Multiple Option System Crafted by Bill Self

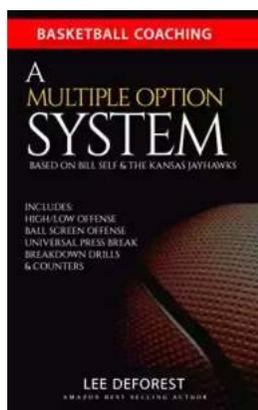


The Kansas Jayhawks basketball team, led by head coach Bill Self, has always been known for its innovative and successful playing strategies. One of the key systems that have brought them numerous victories throughout the years is the Multiple Option System, or MOS in short. In this article, we will delve into the intricacies of this system and explore how it has made the Jayhawks a force to be reckoned with in college basketball.

Understanding the Multiple Option System

The Multiple Option System is a dynamic offensive strategy that focuses on creating a multitude of scoring options for the team. It revolves around constant

movement, sharp passing, and a deep understanding of each player's role on the court.



Basketball Coaching: A Multiple Option System Based on Bill Self and the Kansas Jayhawks: Includes high/low, ball screen, press break, breakdown drills and counters

by Lee DeForest([Print Replica] Kindle Edition)

★★★★☆ 4.4 out of 5

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Screen Reader : Supported



Bill Self, renowned for his tactical brilliance, is the mastermind behind this system. Known for his ability to adapt and utilize his players' strengths, Self has developed the Multiple Option System to perfection.

The Building Blocks of Success

At the core of the Multiple Option System are two crucial components: spacing and player movement. The Jayhawks' players are taught from the very beginning to maintain optimal spacing on the court, ensuring that defenders cannot easily collapse on any single player.

Additionally, the system emphasizes constant movement and motion. Players are trained to be active off the ball, setting screens, running the baseline, and cutting

to the basket. This relentless movement creates confusion for the defense, opens up passing lanes, and generates scoring opportunities.

Player Roles and Responsibilities

In the Multiple Option System, every player has a specific role and set of responsibilities. Each position has its own unique attributes contributing to the overall success of the system.

Point Guard

The point guard acts as the orchestrator of the offense, directing the flow of the game and making decisions based on the defense's movements. He is responsible for initiating plays, setting up teammates, and distributing the ball effectively.

Wings

The wings in the Multiple Option System are versatile players with exceptional shooting and dribbling skills. They can stretch the floor, create their own shots, or drive to the basket when necessary. Their ability to make quick decisions and capitalize on opportunities adds a scoring threat from various angles.

Forwards

The forwards play a crucial role in both scoring and rebounding. They must be able to shoot from mid-range, operate in the post, and crash the boards for offensive rebounds. Their versatility and physicality make them valuable assets in executing the system effectively.

Benefits and Challenges

The Multiple Option System provides the Kansas Jayhawks with numerous benefits. First and foremost, it keeps the defense constantly guessing and

reacting, making it difficult for opponents to establish a rigid defensive strategy. This opens up gaps that the Jayhawks can exploit for easy baskets.

Moreover, this system allows the players to showcase their individual skills while working together as a cohesive unit. With multiple scoring options on the court, the Jayhawks have the flexibility to adapt to any defensive adjustments and exploit mismatches.

However, implementing the Multiple Option System also presents its challenges. It requires players to possess a high basketball IQ, excellent communication skills, and exceptional chemistry. Each player must be able to read the defense, make split-second decisions, and execute plays effectively.

The Jayhawks' Success Over the Years

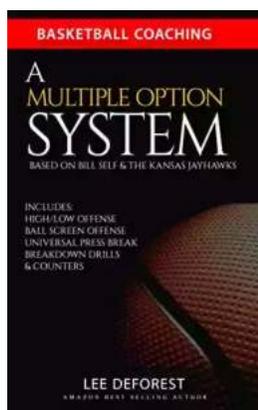
Under Bill Self's guidance, the Kansas Jayhawks have consistently achieved remarkable success using the Multiple Option System. Year after year, they remain one of the strongest contenders in college basketball.

The system has helped the Jayhawks secure numerous conference championships, conference tournament titles, and deep runs in the NCAA Tournament. The efficient and versatile nature of the Multiple Option System has proven to be a nightmare for opposing teams.

The Kansas Jayhawks, under the leadership of Bill Self, have revolutionized college basketball with their Multiple Option System. This strategic masterpiece, built upon constant movement, spacing, and player roles, has proven to be highly effective in disorienting defenses and creating scoring opportunities.

As the Jayhawks continue to dominate the college basketball landscape, coaches from around the nation study the Multiple Option System in hopes of replicating

its success. Bill Self's legacy as a tactical genius remains firmly intact, and the Kansas Jayhawks stand as a testament to his brilliant coaching methods.



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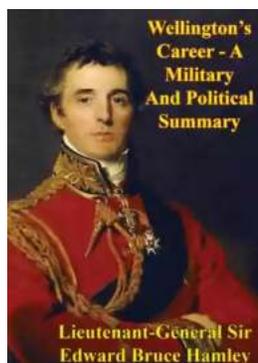
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Here is a Preview of What You'll Learn...

- high/low offense

- ball screen offense
- universal press break
- breakdown drills
- counters
- in-game “cheat sheet”

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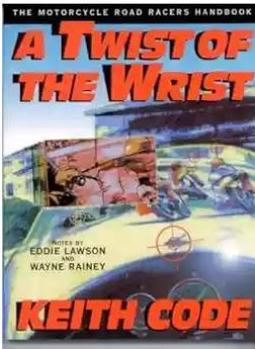
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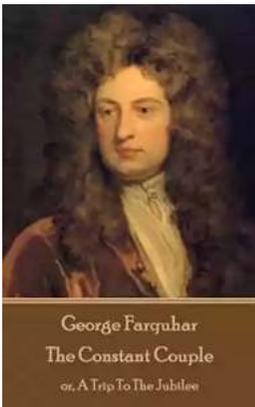
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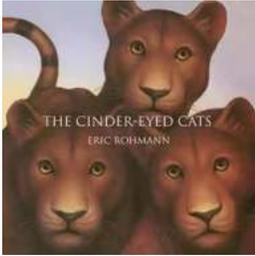
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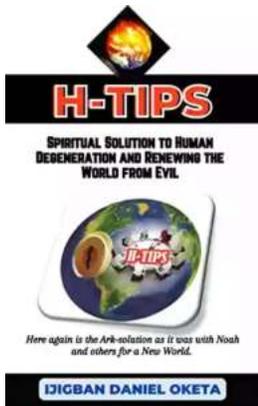
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