

Dean smiths multiple offense and defense book review

[Sport & Tourism](#), [Basketball](#)



Dean Smith, who retired from the University of North Carolina as the all-time winningest collegiate basketball coach, shared his philosophies of the game soon after retiring. In 1998, his book " Multiple Offense and Defense" was published, and immediately labeled by a must read by players and coaches of all levels.

Smith looks at both sides of the court in a thorough manner, letting the reader know about the strategies, tips and secrets which helped his Tar Heel teams win two national championships. In particular, his description of the " motion" offense is unique with its in-depth descriptions and all-around analysis into the various facets and nuances of this offensive setup.

There are a number of offensive plays described in great detail, including the " basic set," the " basic cut," and the " split." These plays are described and even diagrammed for the benefit of the player or coach. Smith also offers the best methods for simple, but important basketball maneuvers such as setting a pick, blocking for a rebound and running the " pick and roll."

Having over 20 offensive and defensive formations diagrammed in this book gives the average coach an edge in competition. But seeing how Smith won over 900 games as coach, it is believable that the information this author presents could also assist a seasoned high school or collegiate coach to appreciate the finer points of basketball.

But the book is not limited to plays and formations. Smith also shares his mental insights, tactical secrets and locker room techniques to help any coach with the coaching aspects which are needed off the court.

The best positives of the book are that it covers a lot of material, and looks at the schematic formations as easily as it explains mental toughness

strategies. It reviews many offenses, and can be a great handbook for the coach looking to have a relatively short (304 pages) text near the bench at practice to use as a resource. Also, the author, with his illustrious history and Hall of Fame status is one of the most credible authors to ever pen a book about basketball. In the testimonials, even coaches with hundreds of victories at the high school and college levels admit learning something new from reading Smith's book – some even stating that they have read and reread the book, learning something new with each viewing. It's quite detailed.

However, it is also the detail and breadth of knowledge that makes this book a tough read for the casual basketball fan. The language in Smith's book is geared toward the serious player or coach. The positions for diagramming plays are called X1, X2 and such – there is no personality to the book, and it looks like a collection of X's and O's at times. Also, the diagrams don't always match up with the play descriptions, leaving the reader to flip back and forth between pages to collaborate the information. A reader has to know a lot of basketball jargon to gain a handle on what Smith has to offer. This book is not for the sports fan who wants to learn about the basics.. Another problem has been noted in that there is little description of Smith's "4 Corner" offense which his UNC teams used relentlessly in the 1970's and early 1980's. This form of keepaway with the basketball made his teams boring but allowed them to hold leads. As a fan, it would have been interesting to read the "4 Corner" secrets.