



# OHSBCA Clinic 2016



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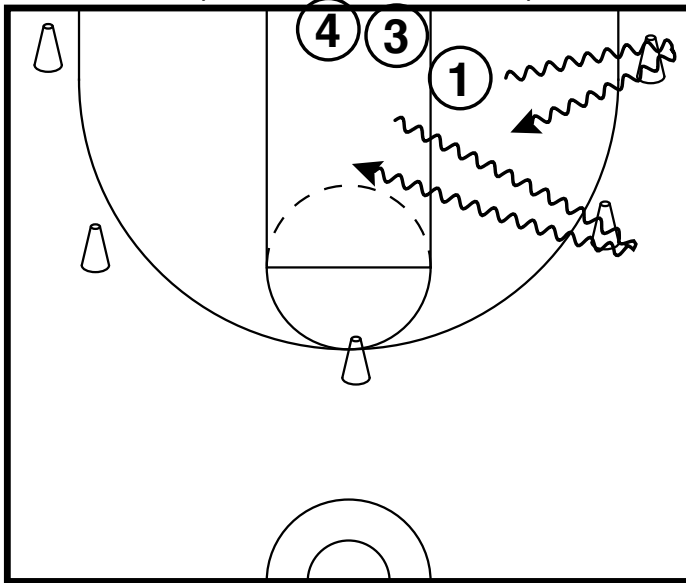
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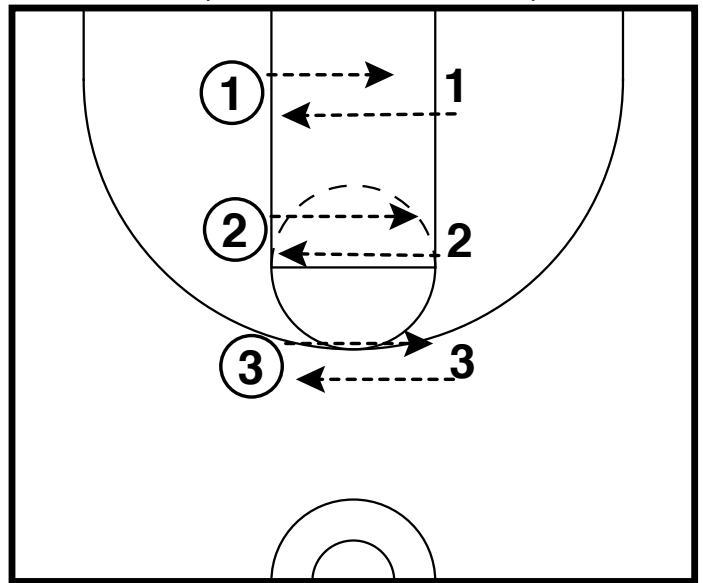
## Alan Stein

Warm-up drills with skill development



weak hand dribble around all 5 cones. Finish each time at the rim with weak hand. Different finishes: no glass, glass, reverse, off 2 feet

Warm-up drills with skill development

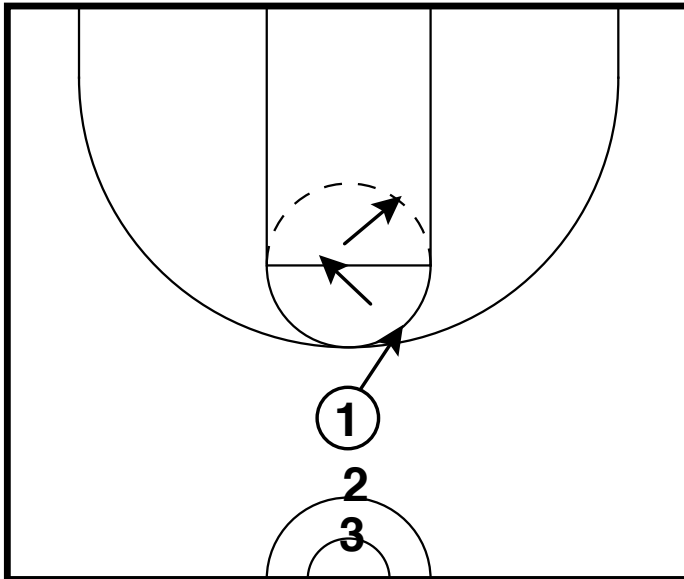


Weak hand partner pass with, dance feet, catch and pass no dribble  
Pound and pass  
Cross over / between legs / between behind / behind behind dribble and pass with weak hand

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Alan Stein

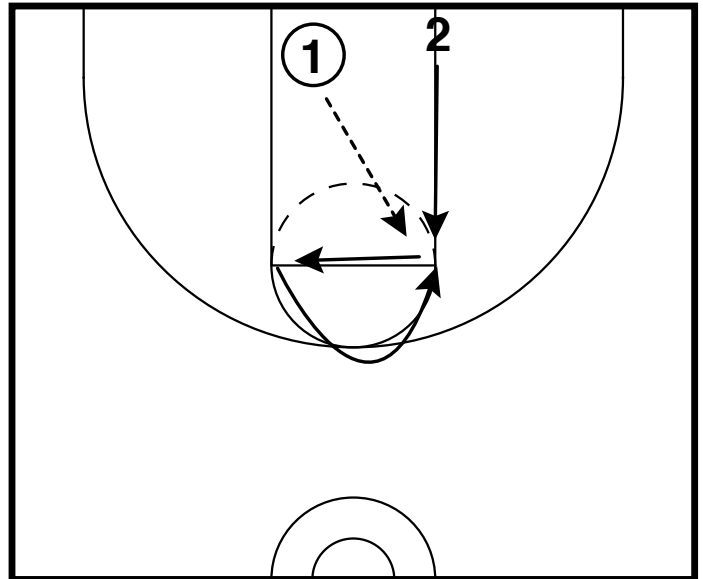
Warm-up drills with skill development



focus is balanced shooting: 3 balanced 2 feet jumps / 1 - 2 steps / 45 degree angle hops / 45 degree angle 1 - 2 step from center circle (could be from corner or wings too) to form jumper in the paint, then 2 jumps and 1 jump - improved footwork he believes in emphasizing everyday

3 lateral hops / back and forth hops / 180 degree hops / 360 degree hop (both shoulders) / 360 degree pivot into 15 foot jumper (form shooting)

Warm-up drills with skill development



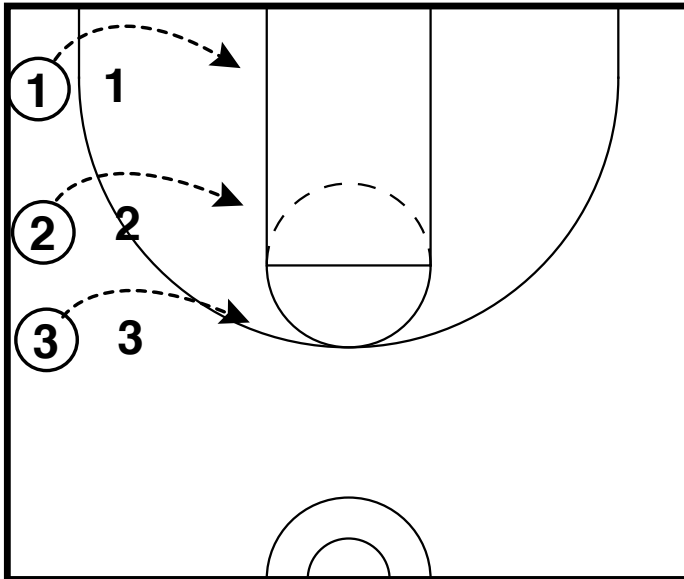
start on baseline: run lane line, across FT line and around arc of circle into elbow jumper (can add defensive slide across FT line)

Focus on sharp cuts and footwork

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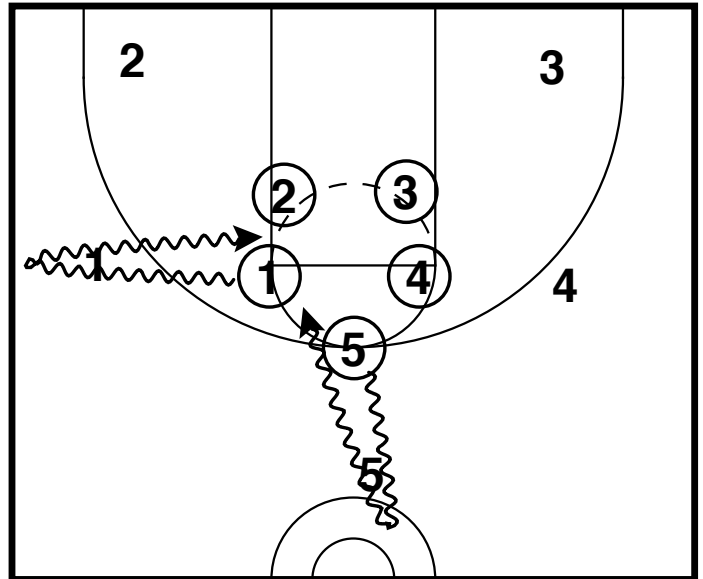
Alan Stein

Warm-up drills with skill development



One with ball behind, no ball in front, throw ball out in front, run ball down, catch on jump stop and pivot to throw ball back to partner.  
One 1 knee start / 1 knee facing laterally / in plank

Warm-up drills with skill development



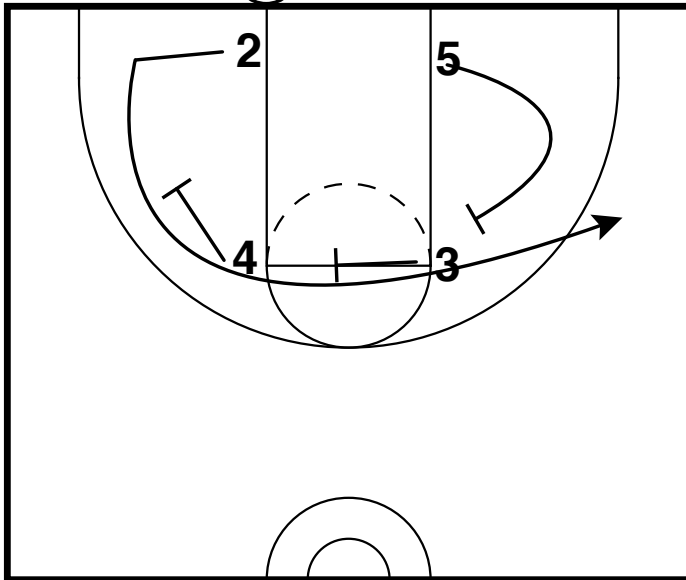
5 player wheel drill, defensive slide / close out / speed dribble and curl tight around / pass and get hand off / speed dribble and retreat dribble to each teammate around the wheel. each rep goes to all 5 teammates on the outside then the players switch

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Andy Booth

Grizzlies BLOOB

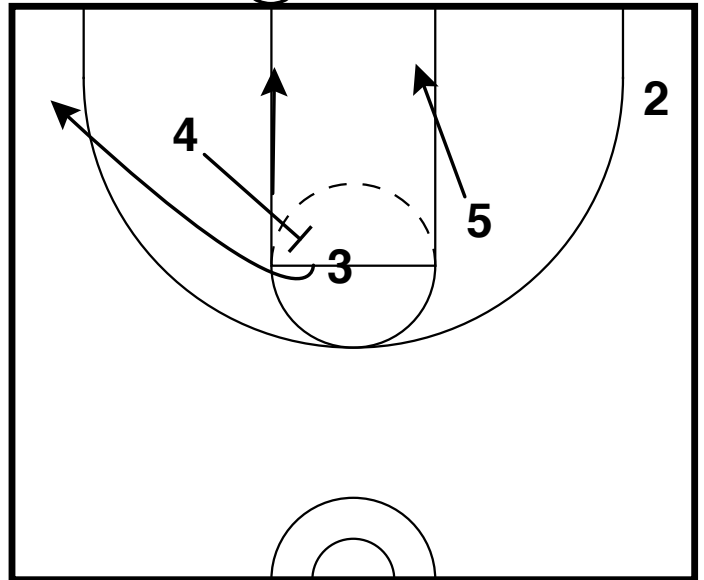
①



2 cuts to corner then off triple screen from 3,4,5

Grizzlies BLOOB

①

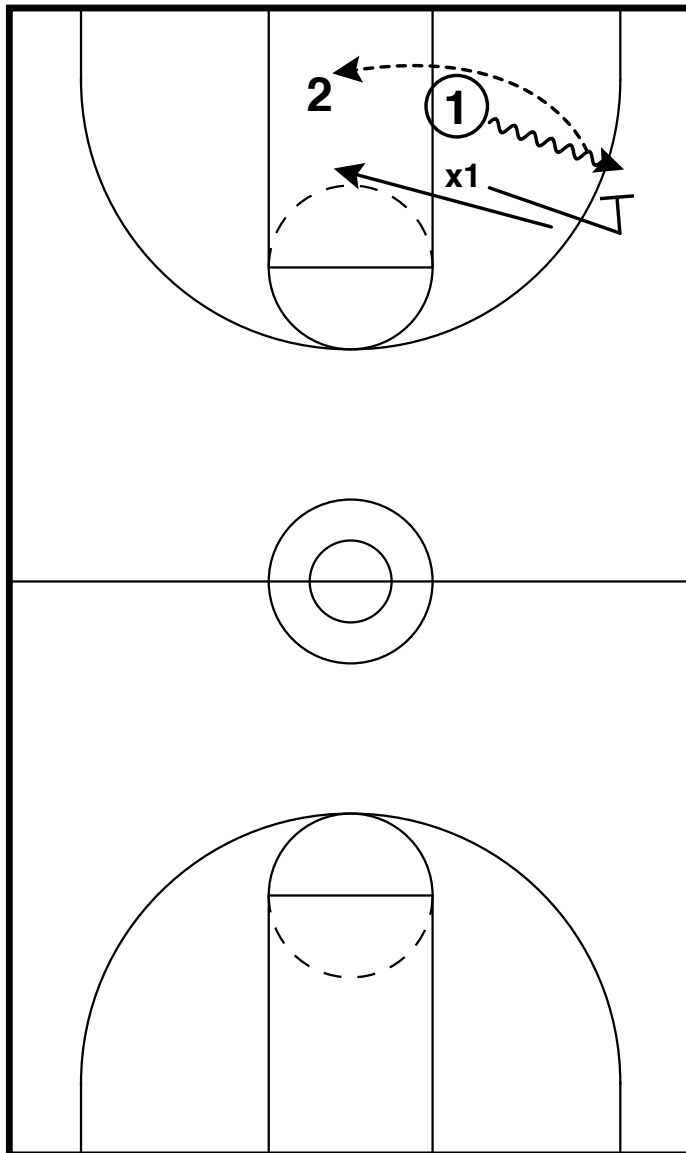


4 rescreens for 3  
4 and 5 slip

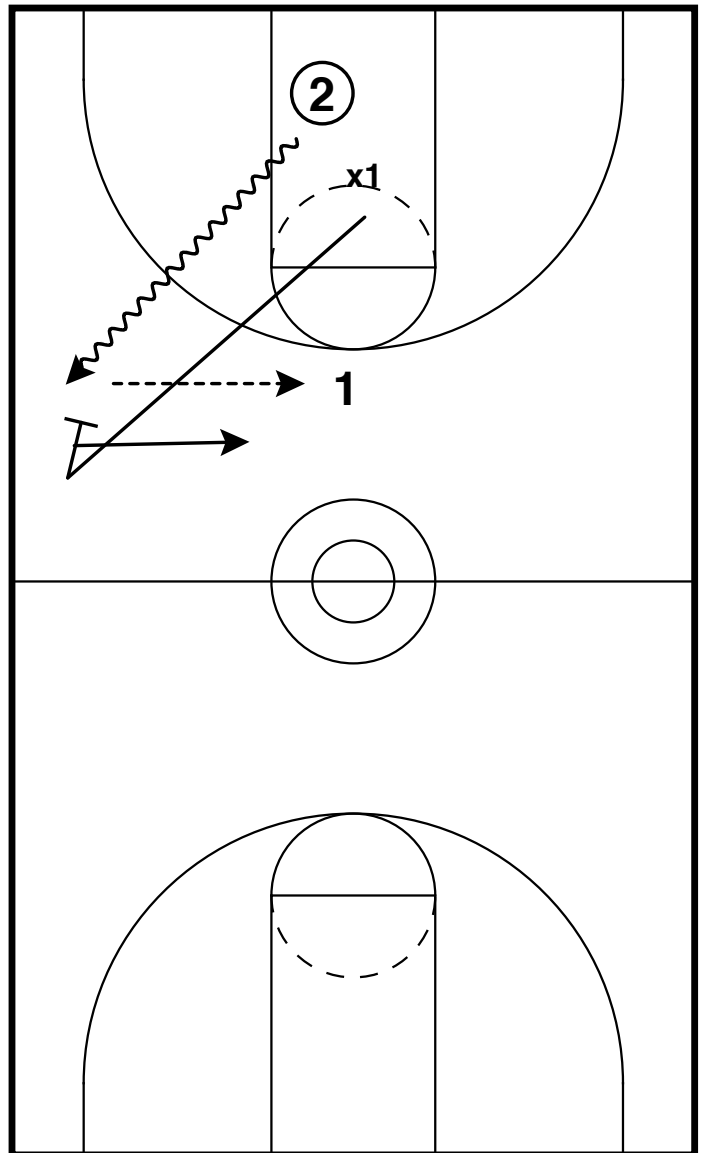
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Don Showalter

3 man run and slide



3 man run and slide

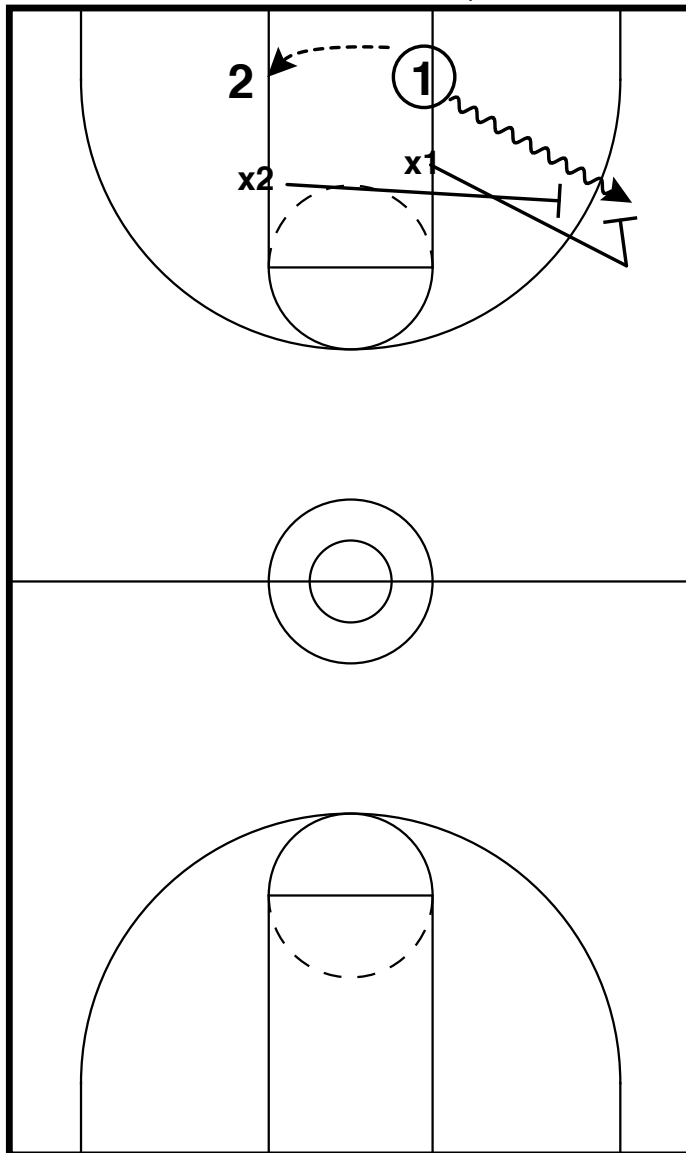


x1 must force 1 sideline on the dribble and make him turn.  
When turned 1 hits 2 on a skip pass (2 must not be any deeper than the ball)  
x1 then runs to 2 and must get in a stance and force 2 side line and get a turn on 2  
drill continues the length of the court

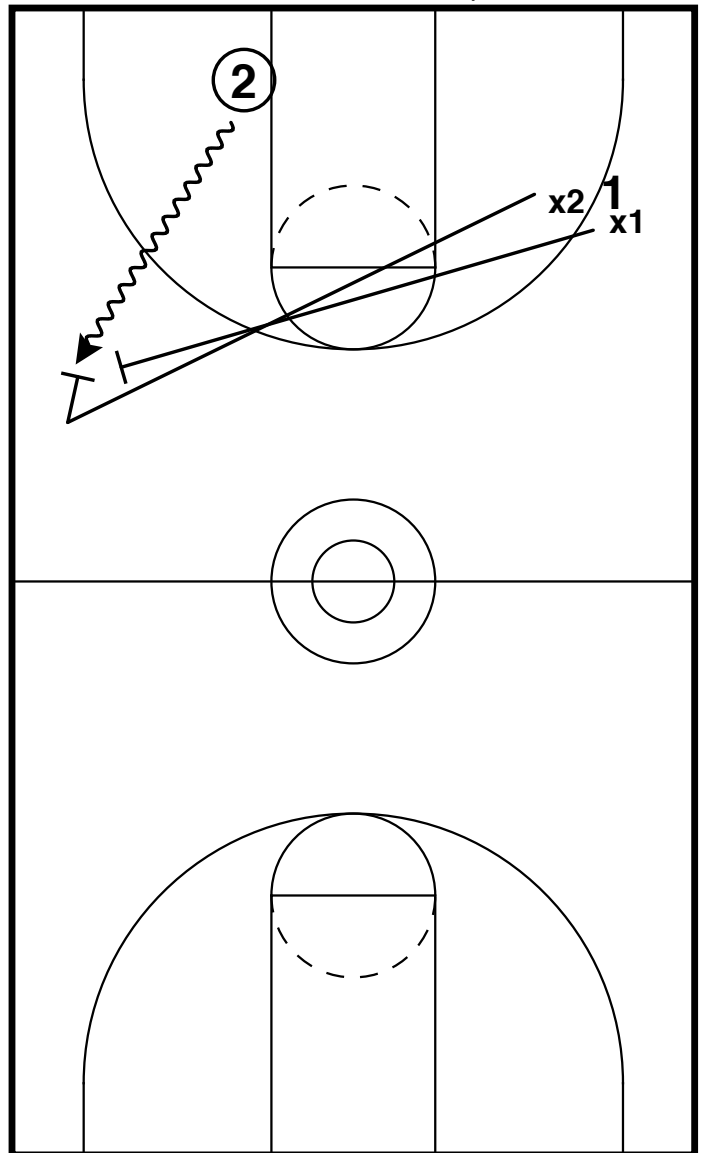
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## Don Showalter

4 man run and trap



4 man run and trap



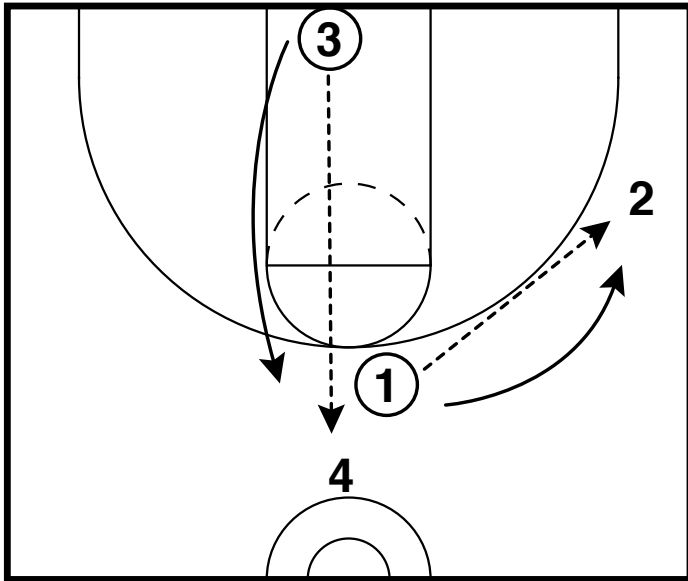
x1 forces 1 sideline and turns him into x2's trap.  
When trap 1 must skip to 2 (2 cannot be deeper than the basketball)  
x2 must sprint out of the trap and force 2 sideline to a turn.  
x1 sprints to the trap



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Ed Calo

4 man workout drill: 4 man 2 ball shooting



1 passes to 2 for a transition three

2 rebounds his own

3 throws to 4

4 then hits 1 for the next transition 3

Continuous drill.

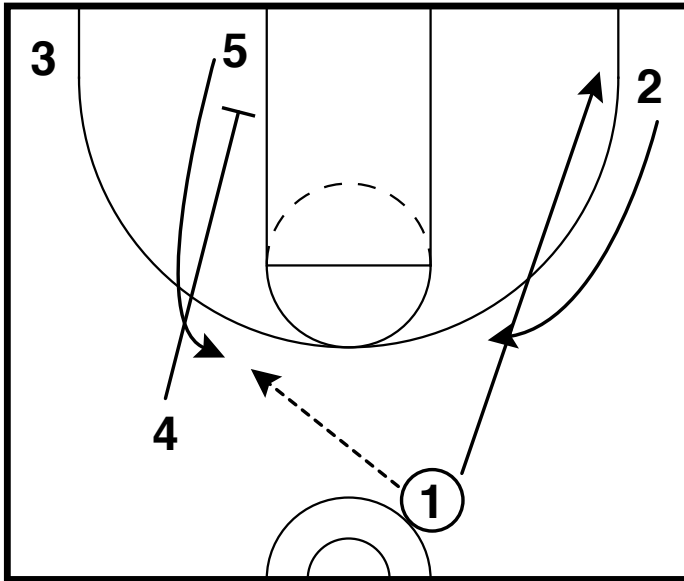
Can do from all perimeter spots

Variation: rip and go baseline, rip and go middle elbow  
jumper, shot fake and go middle/baseline,

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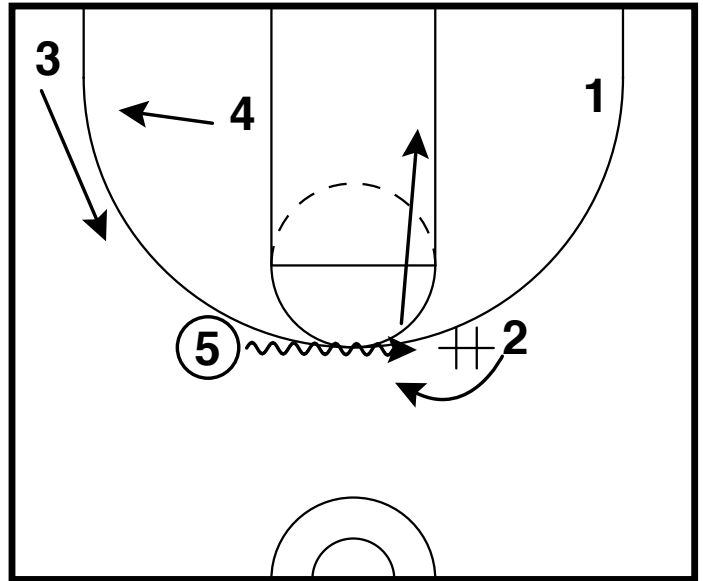
## Fran Fraschilla

False Motion into Ball Screen Continuity



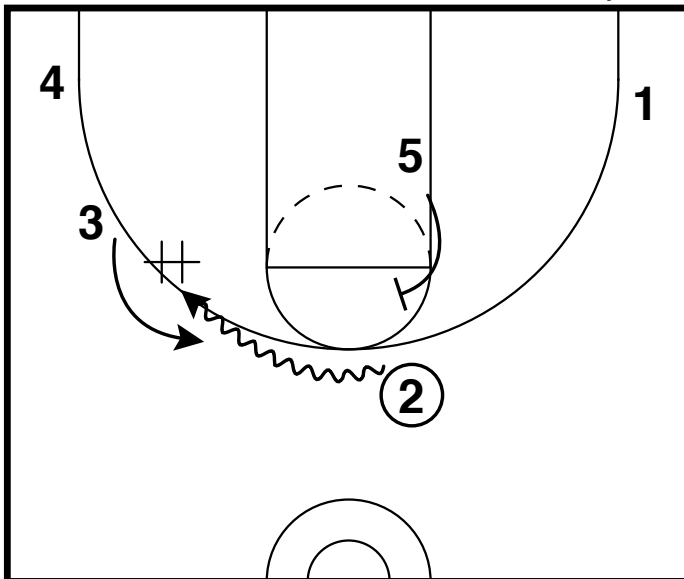
4 down screens for 5  
1 hits 5  
1 interchanges with 2

False Motion into Ball Screen Continuity



3 and 4 space on the perimeter  
5 dribble hand off with 2 and dives to rim

False Motion into Ball Screen Continuity

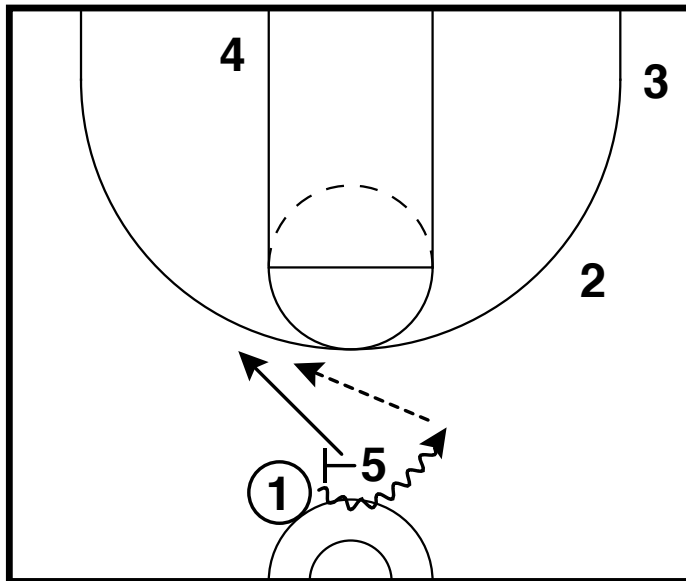


2 dribble hands off to 3  
5 comes up to re ball screen for 3

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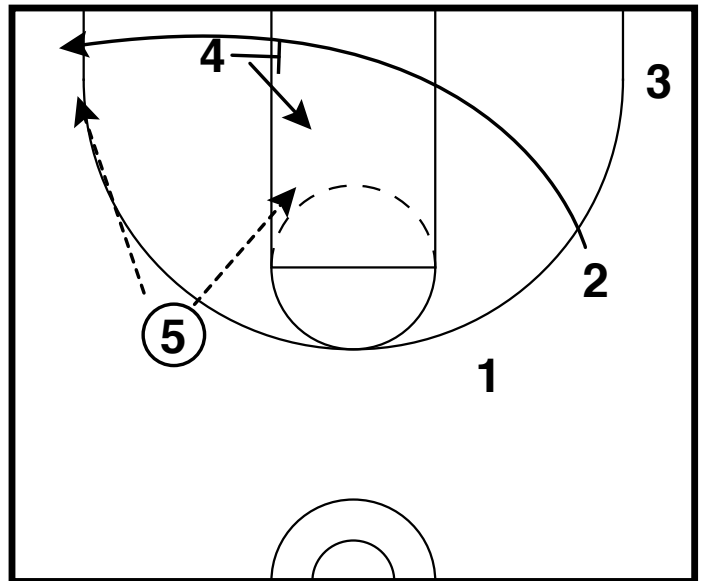
## Fran Fraschilla

Quick hitter for 4 man



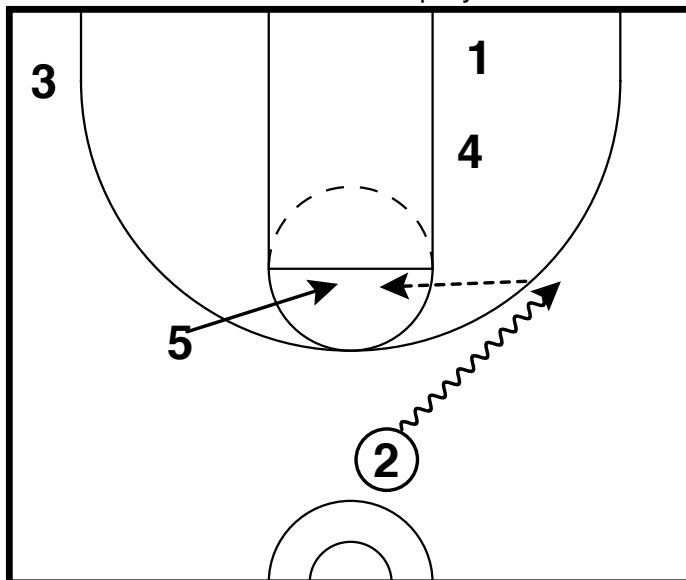
5 sets a drag ball screen for 1  
1 hits 5 on the pick and pop

Quick hitter for 4 man



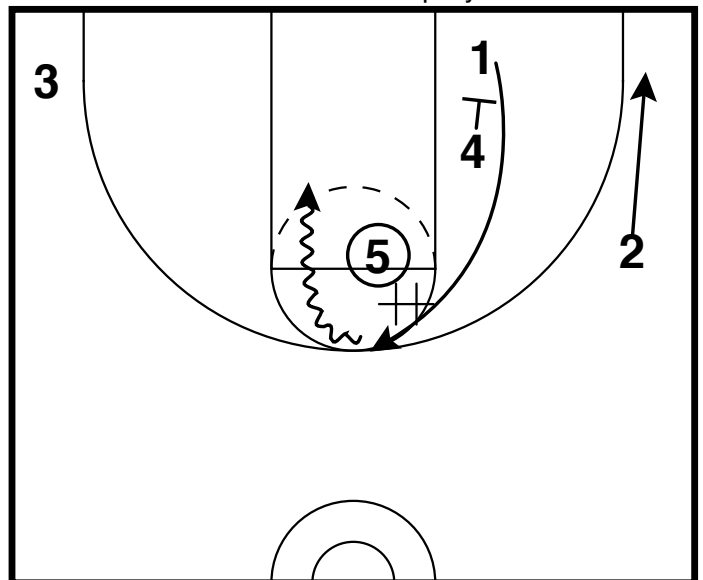
4 sets and in screen for 2 and slips  
5 can hit 2 or 4

Quick Hitter for best play maker



2 dribble enters to the wing  
2 hits 5 at the FT line

Quick Hitter for best play maker

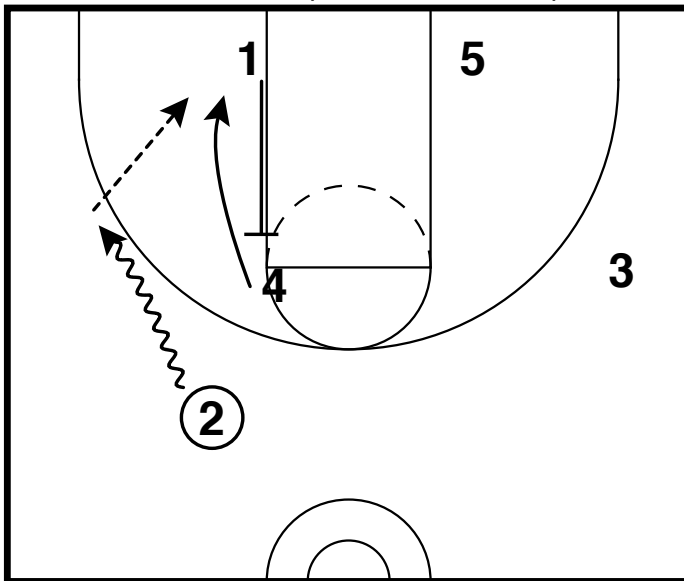


4 down screens for 1 who gets a handoff from 5 at the free throw line  
1 now looks to attack with shooters in each corner and 4 on the weak side block

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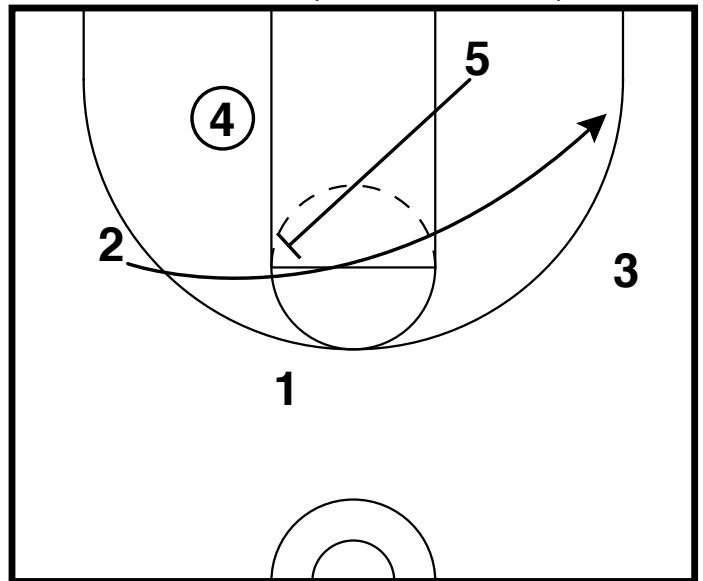
## Fran Fraschilla

Quick hitter: post enter and slip



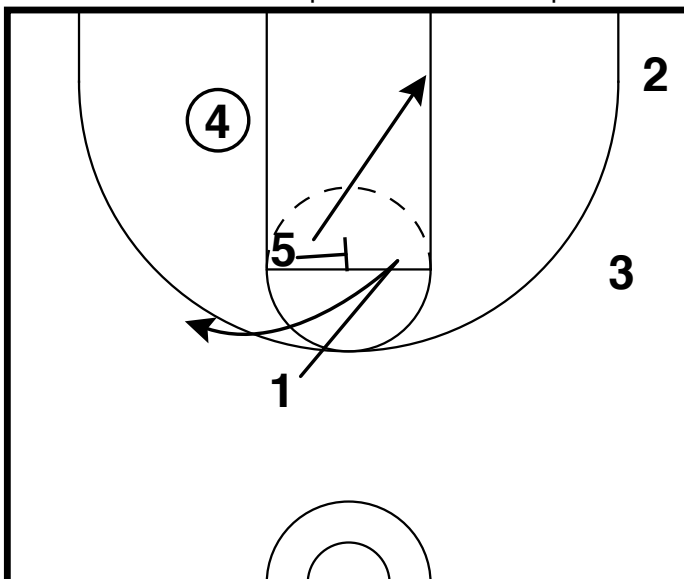
2 dribble enters  
1 back screens for 4  
2 enters to 4

Quick hitter: post enter and slip



5 back screens 2  
2 could be open for lob or back side 3

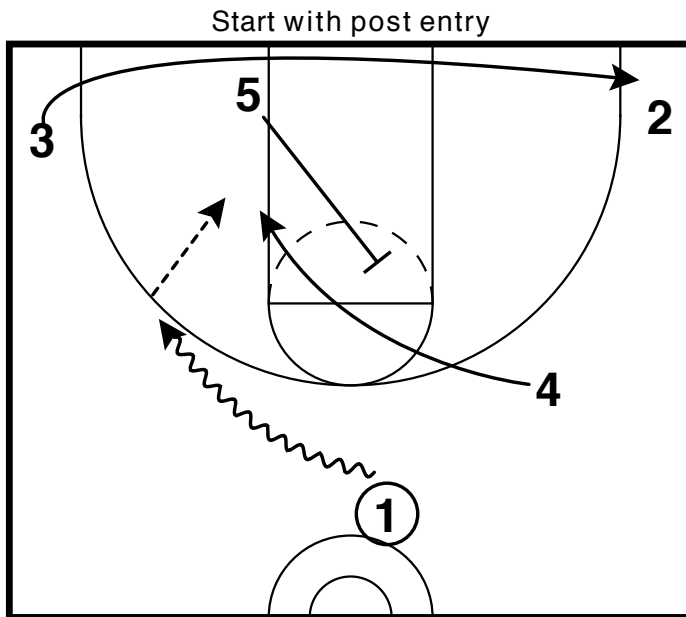
Quick hitter: post enter and slip



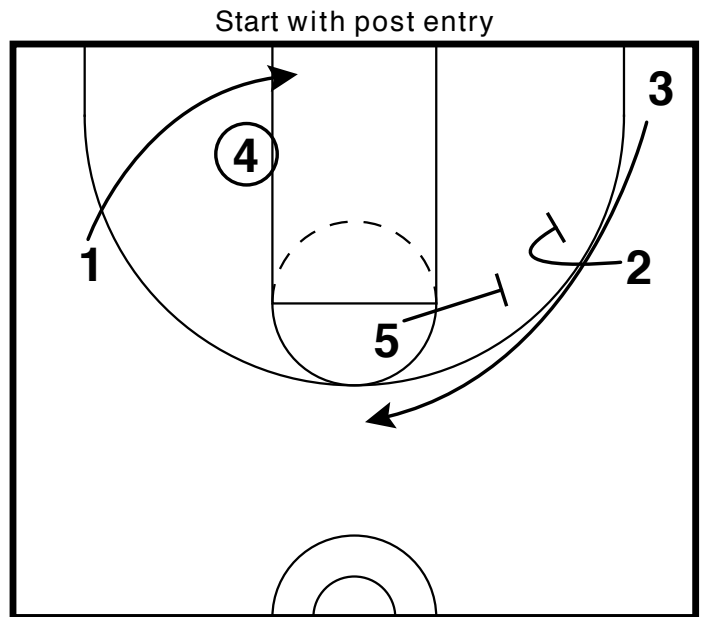
5 flair screens for 1 and slips to the back side block

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Fran Fraschilla



- 1 dribble to the wing
- 3 clears out to the weak side corner
- 5 sets a rip screen for 4's post up
- 1 enters to 4

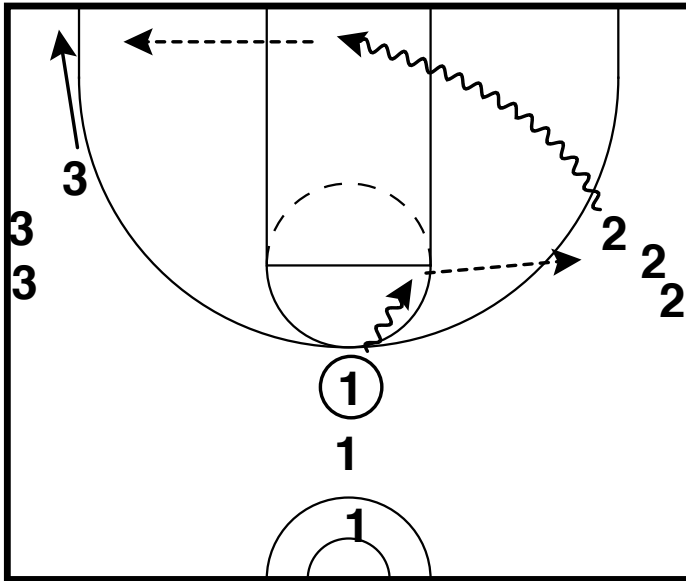


- 1 speed cuts baseline
- 5 and 2 double away for 3

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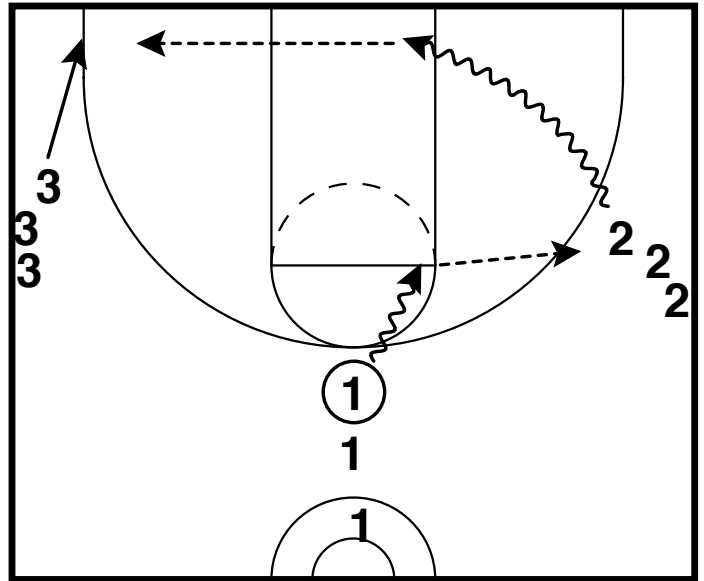
## Frank Kill

T-Bird Shooting



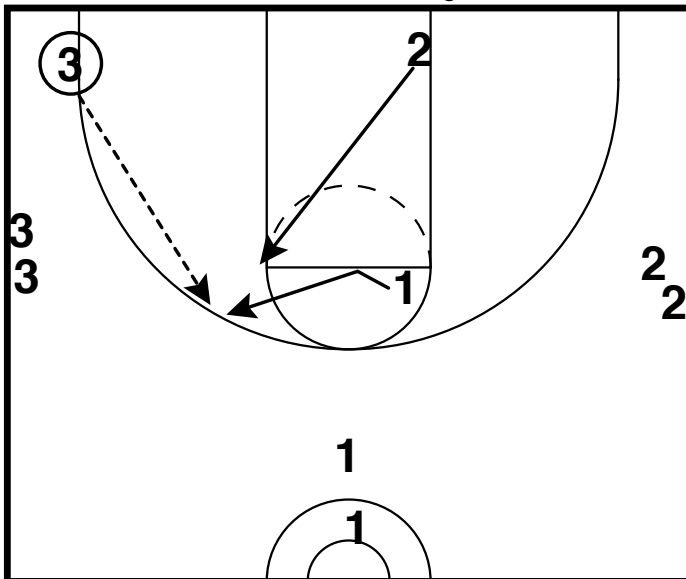
1 drives and kicks to 2  
 2 drives baseline and makes the drift pass to 3 in the corner  
 3 shoots the corner 3

T-Bird Shooting



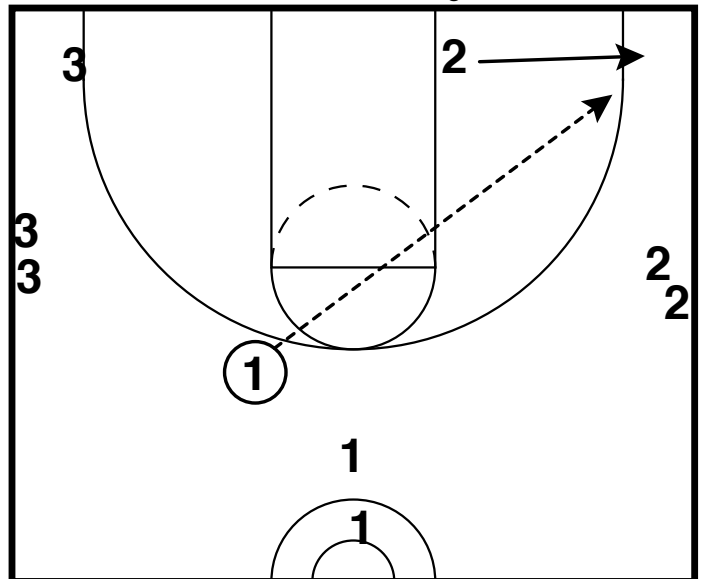
next variation. Starts with same drive and kick motion

T-Bird Shooting



3 makes the 1 more pass  
 2 closes out to make 1's three a contested shot

T-Bird Shooting

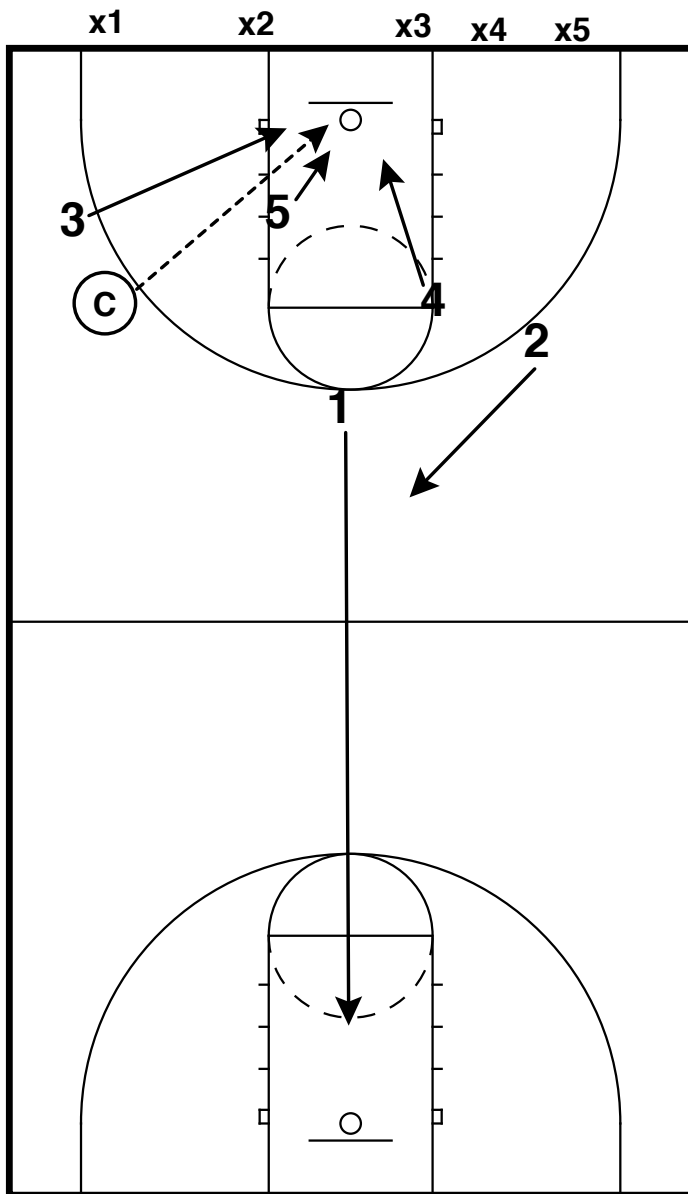


3rd variation of drill ball gets swung back to the 2 man

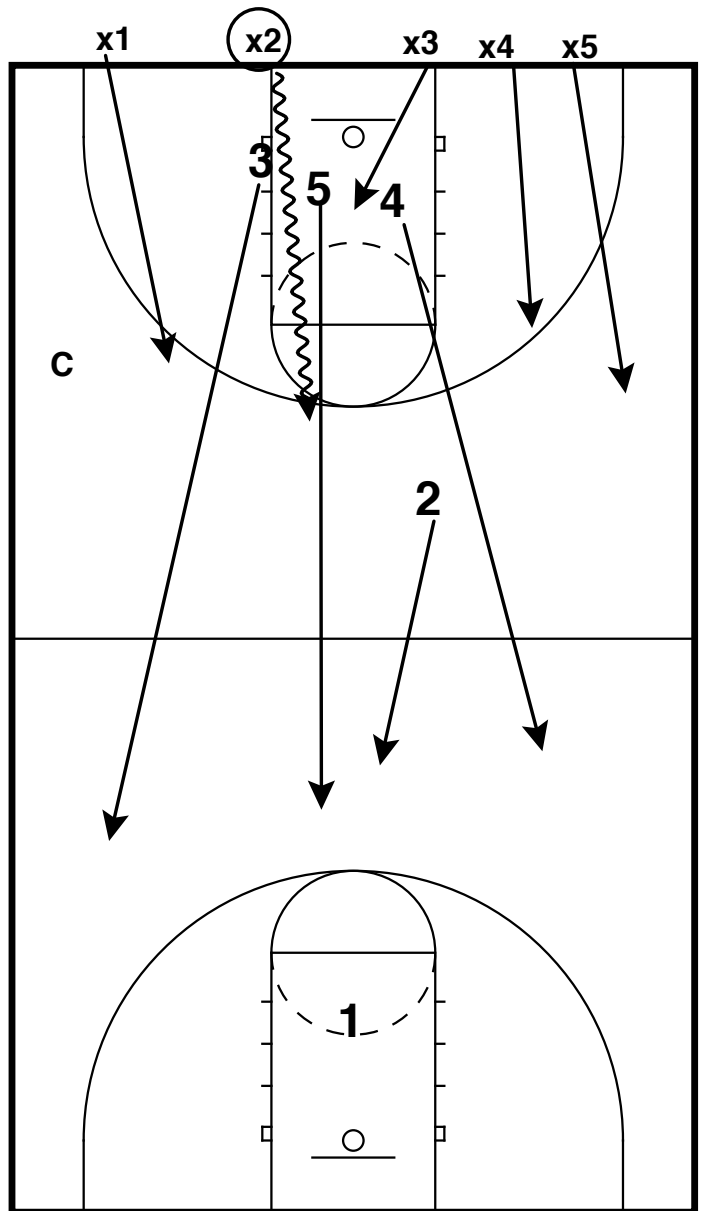
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Kevin McGuff

5 on 0 Transition



5 on 0 Transition

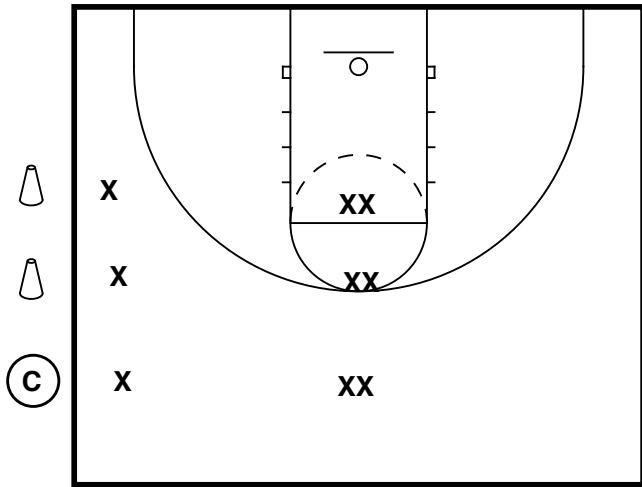


5 on 0, with 3,4,5 crashing boards, 1 full back, 2 half back.  
As soon as the ball goes in (on O-board), Players waiting on  
baseline will go on offensive transition

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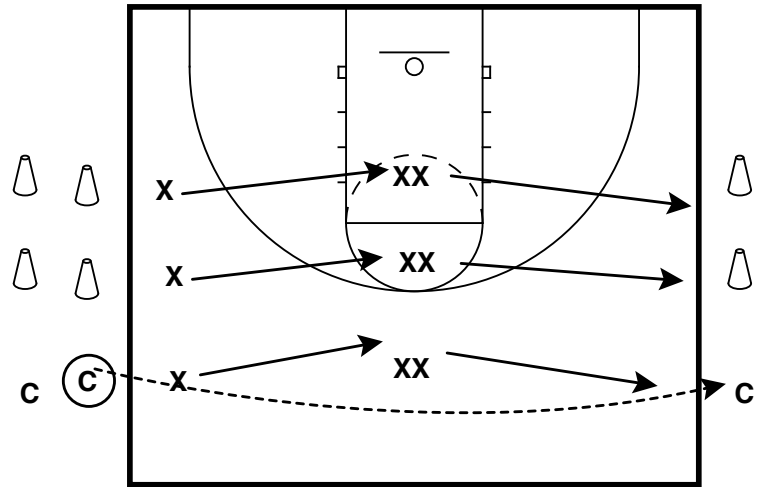
Kevin McGuff

Close Out Drill



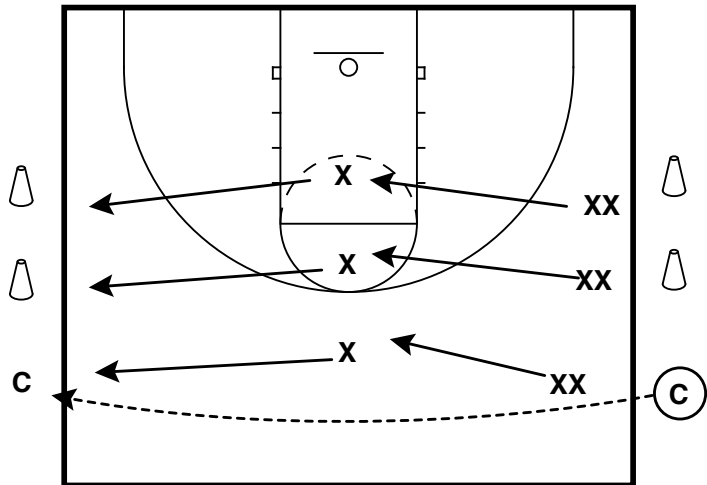
Cones/chairs are offensive players. One coach on each side. 6 defensive players on the court at once (can add more/less)

Close Out Drill



When ball is on your side, x's are guarding ball as they would in pack line. The second group of defenders (XX) are in help position. Coach will pass, and then XX sprint to proper closeout, and X sprint to help.

Close Out Drill



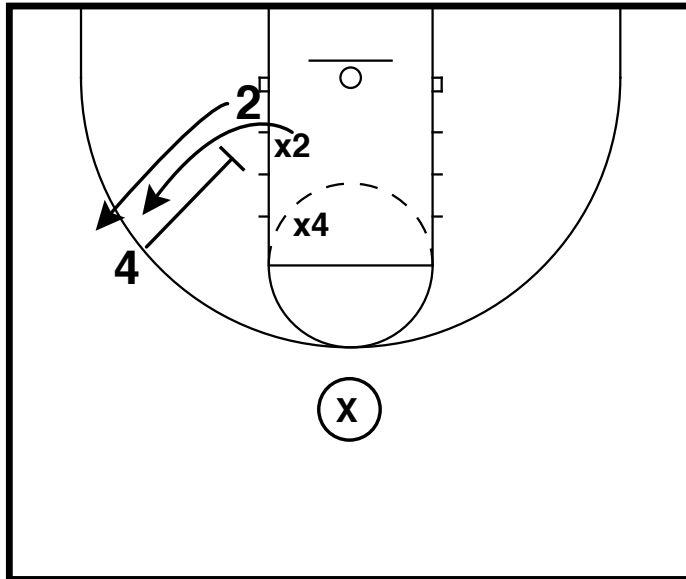
Repeat drill for time period (30-45 sec) before rotate new players in. Make sure "help guys can see both ball and man, and are in a stance



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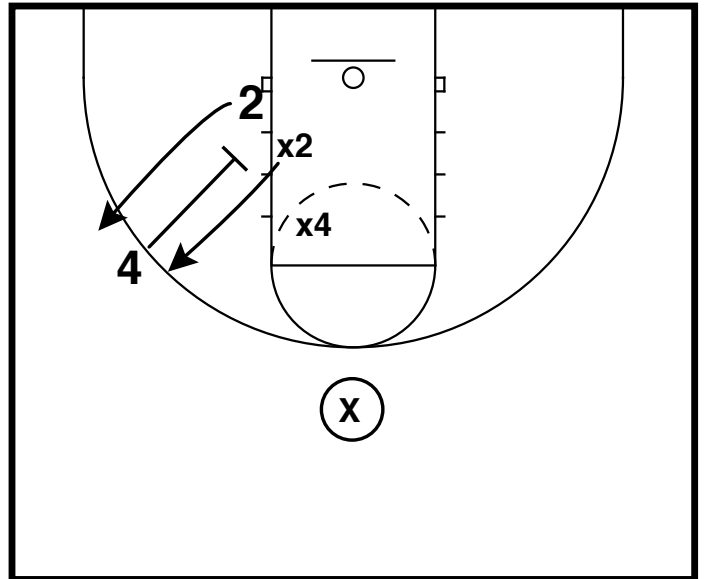
Kevin McGuff

Number Screening Example



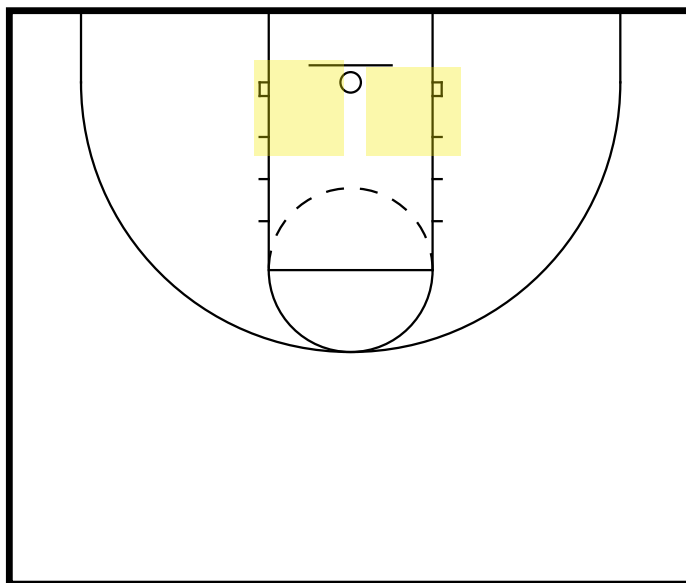
"Going 2nd" to defend a down screen

Number Screening Example



"Going 3rd" to defend a down screen

Pack Line Low Post Area

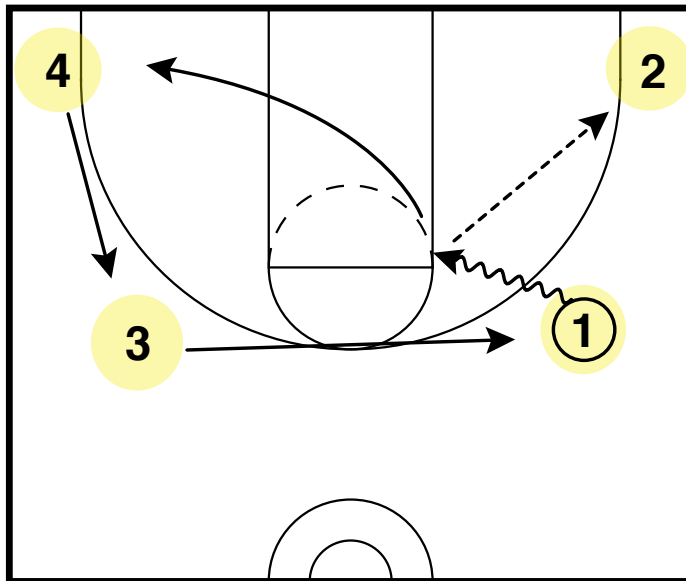


Low Post area definition

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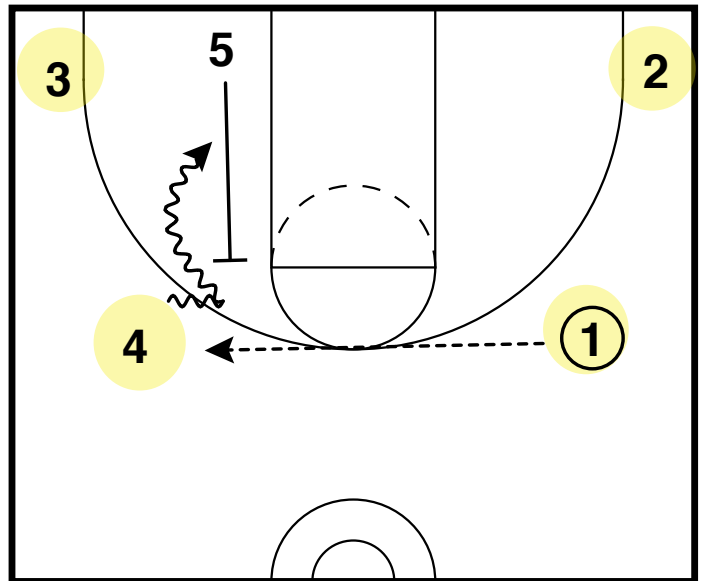
Pat Kelsey

4 on 0 fill the O



10 passes, name 1 guys as a driver other players pass and cut  
Players must fill the four "O's" as they drive and kick / pass and cut

4 on 0 fill the O



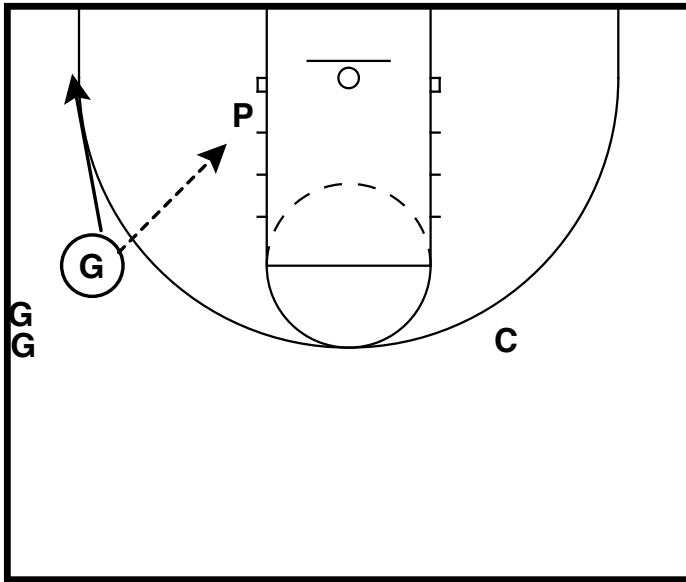
5-0 add the 5 man.  
5 man stays away from the ball on the short corner with his heels on the baseline.  
5 can also come up and ball screen and dive to the rim  
They set a lot of NBA lane line alley ball screens

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## Rob Senderoff

Corner Cut Drill

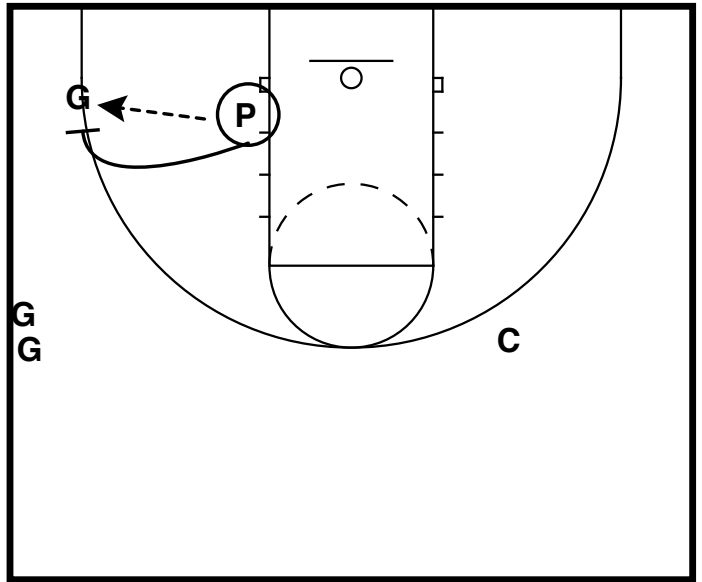
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Guard enters post and cuts to corner

Corner Cut Drill

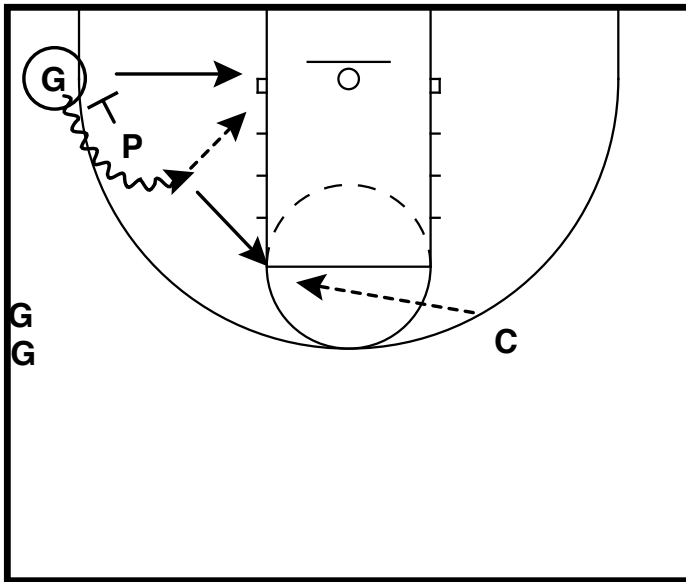
P  
P



Post throws back to guard in corner, then sprints to ball screen.

Corner Cut Drill

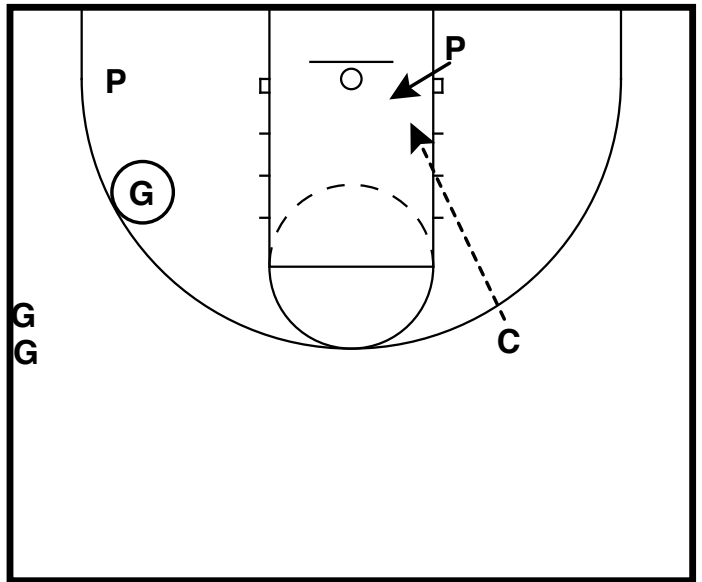
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P



Guard hits post for a layup. Guard cuts toward coach for a jump shot. Can reverse this and have guard hit pull up jumper and coach hit the posts on a roll or slip

Corner Cut Drill

P

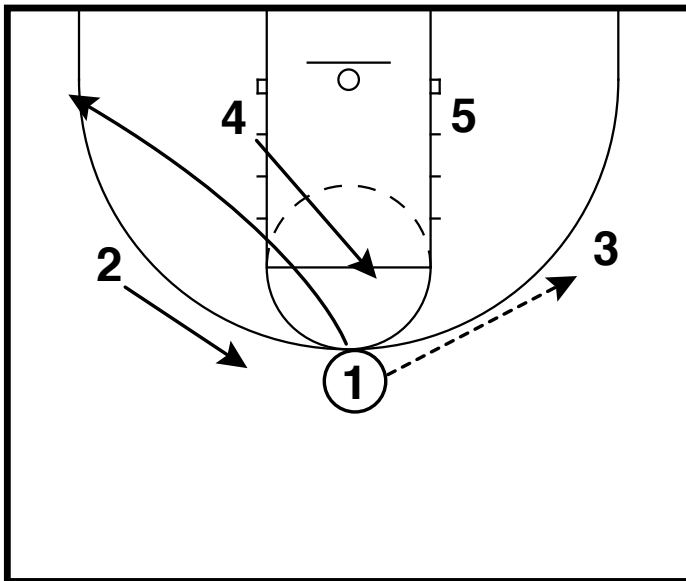


Can add a backside post duck-in

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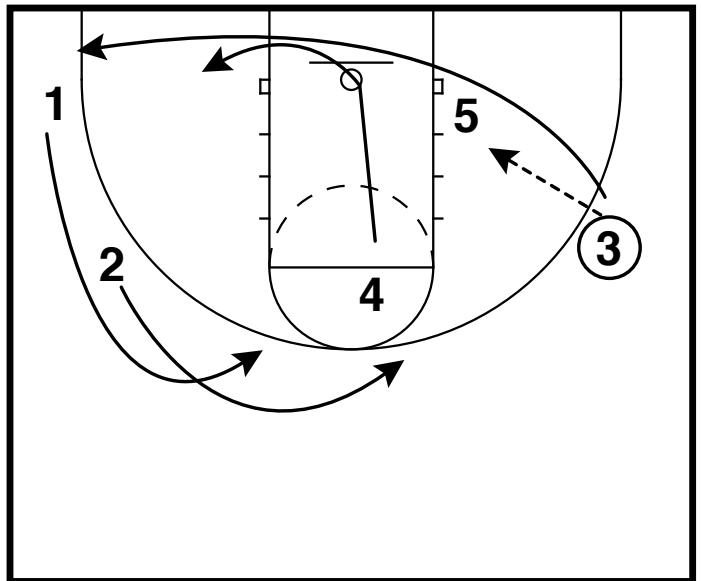
## Rob Senderoff

Ken State 3 around 2 action



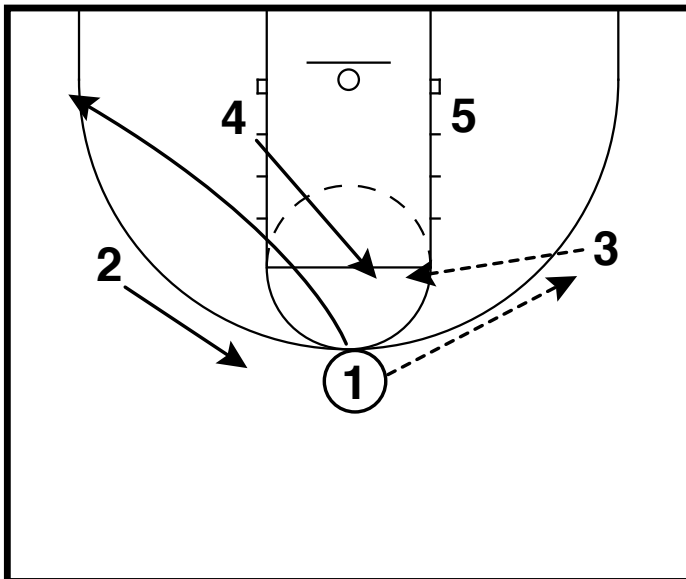
3 around 2 look. Top-wing pass initiates opposite post to flash. Guard cuts to opposite corner.

Ken State 3 around 2 action



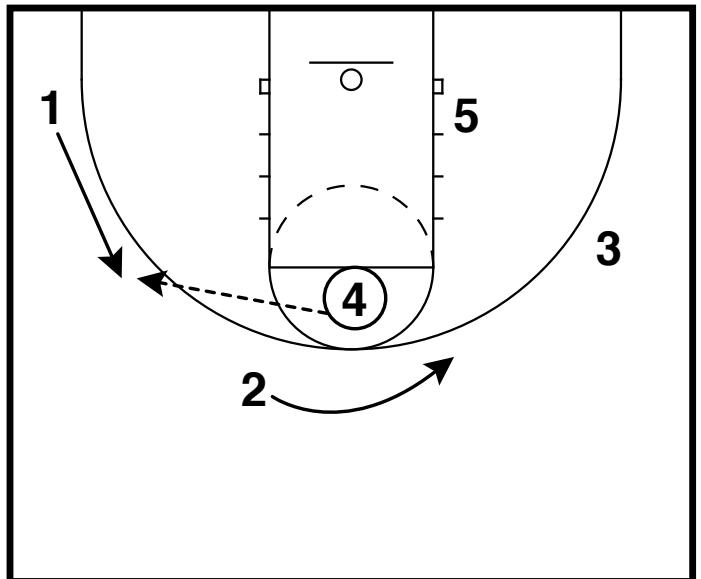
Players react to post entry. Back side guards "wheel" or weakside fill to lane line. Opposite post dives to front of rim, then goes to "alley"

Ken State 3 around 2 action



Same action, but wing hits the high post

Ken State 3 around 2 action

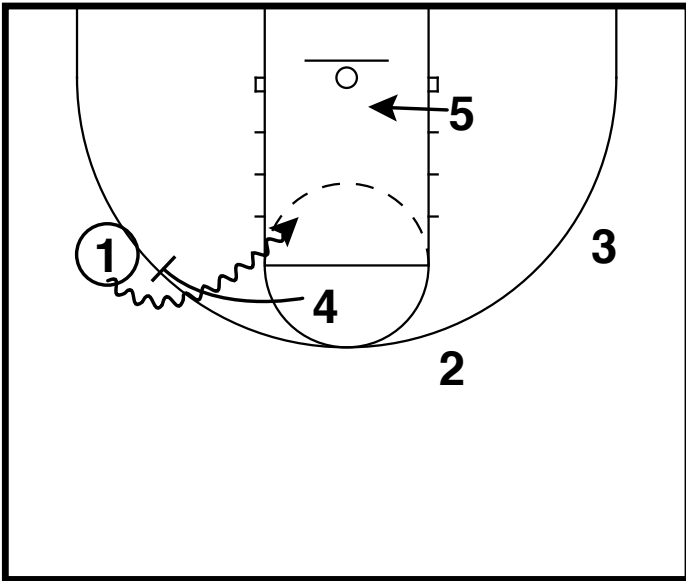


Leads to a "Shake" call, with a ball screen & roll action from opposite wing.

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Rob Senderoff

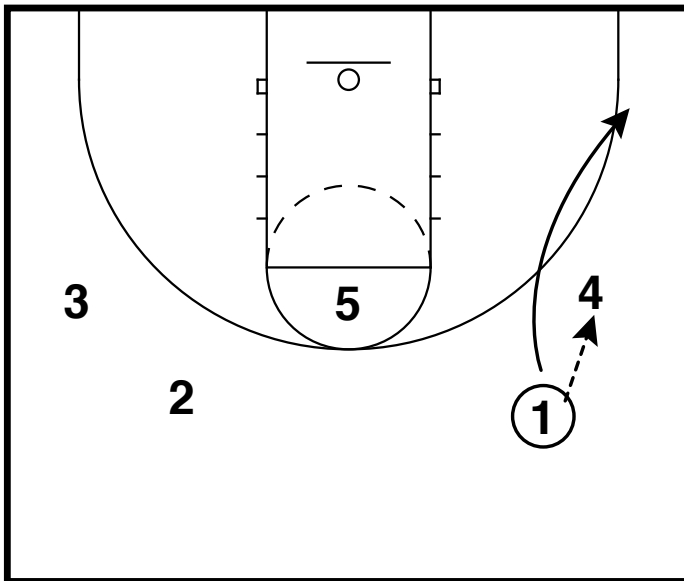
Ken State 3 around 2 action



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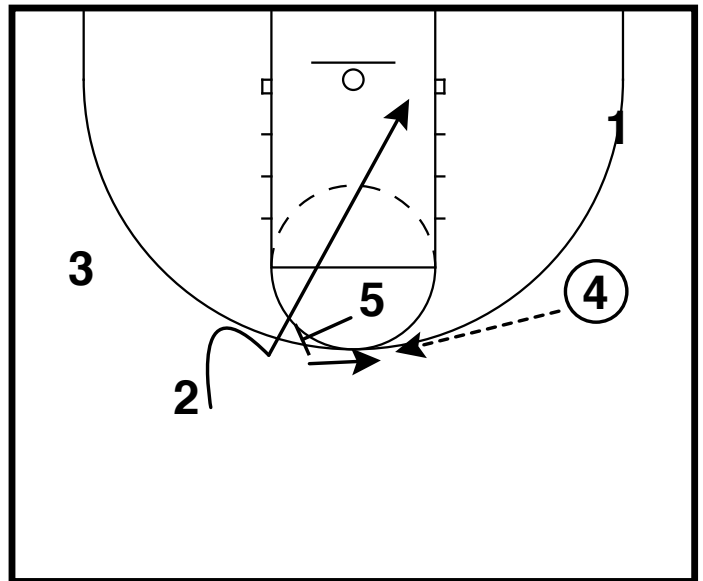
## Rob Senderoff

Kent State Set



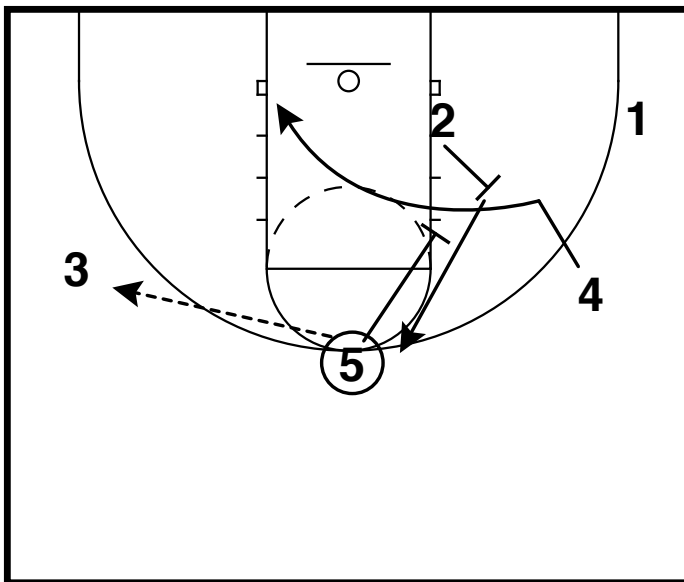
Wing entry, corner cut (enter to player you want to get the post look).

Kent State Set



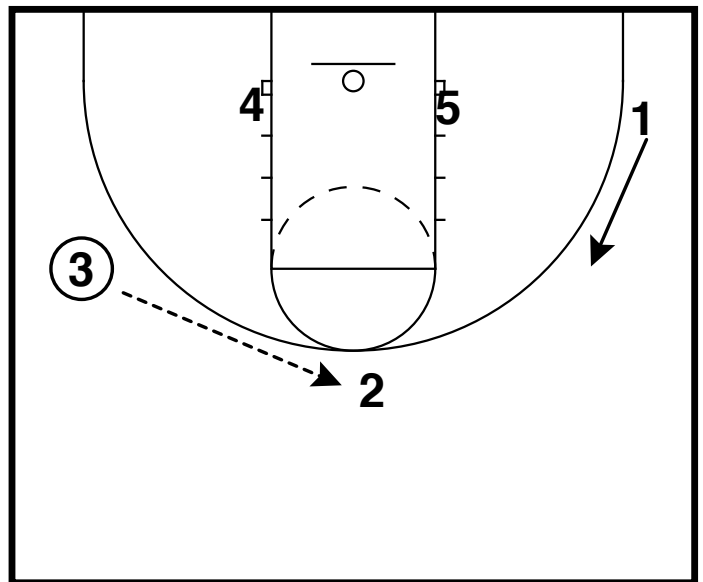
Shuffle cut, then 5 steps to ball

Kent State Set



2 sets shuffle cut for 4, as ball is fully reversed. 5 sets down screen for 2.

Kent State Set

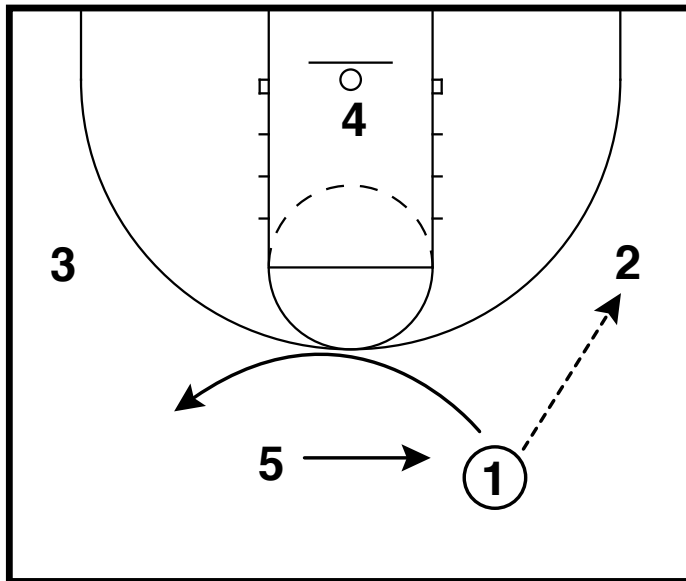


Back to 3 around 2 look.

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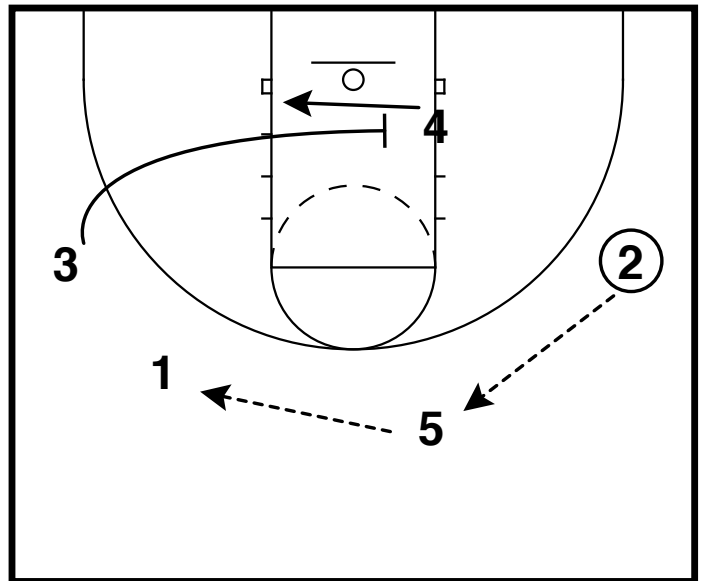
## Rob Senderoff

Kent State Transition



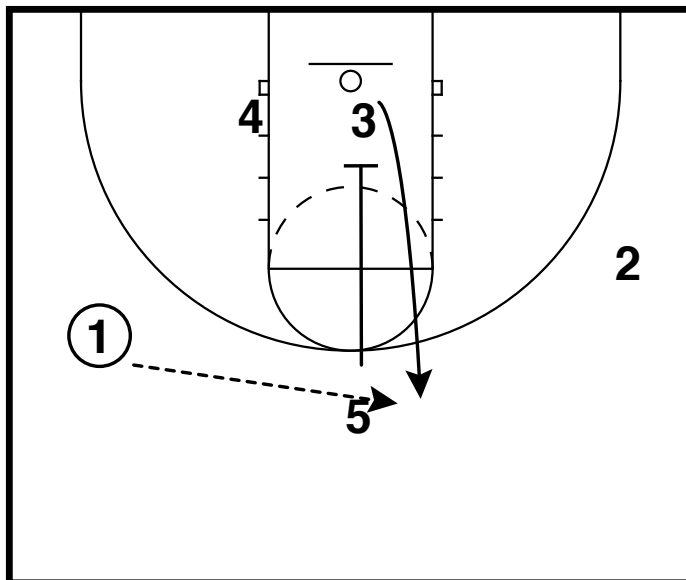
Wing entry, shallow cut

Kent State Transition



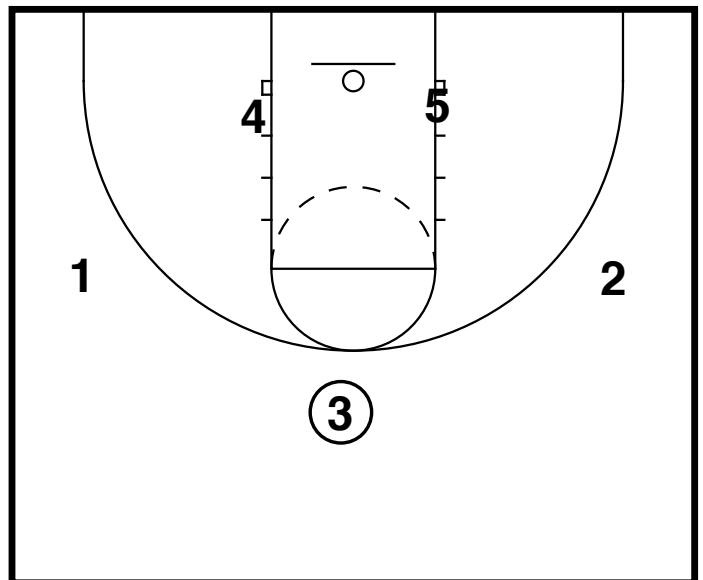
2 Ball reversal, to a diagonal cross screen for post look from backside wing.

Kent State Transition



5 sets a down screen for wing who set cross screen

Kent State Transition

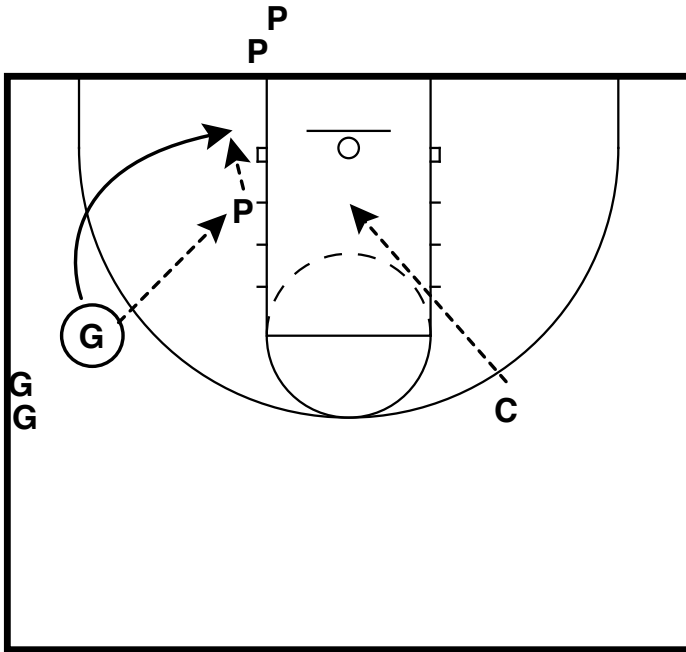


Returns to 3 around 2 offense.

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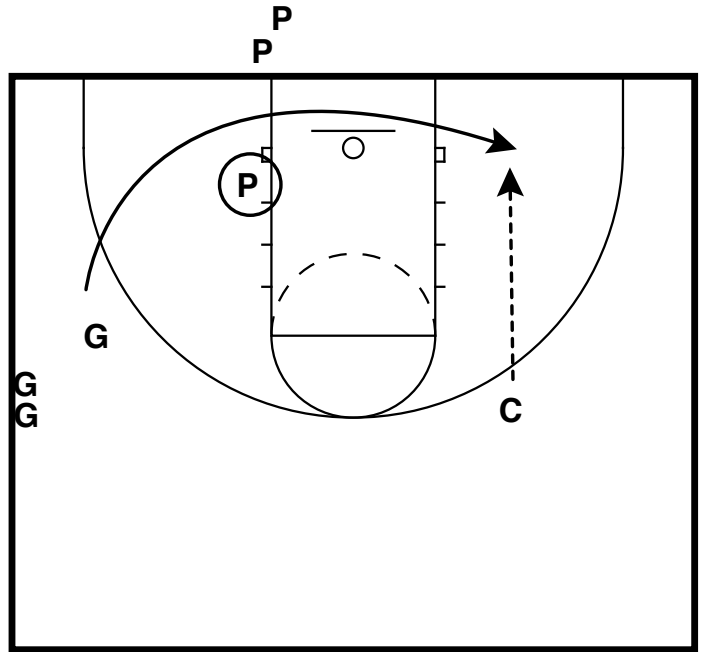
## Rob Senderoff

L - Cut Drill



Guard cuts baseline after post entry. Post gives it to guard to score, then ducks on for pass from coach

L - Cut Drill



Post can fake handoff, and make a move to score, while coach hits cutter for jumper

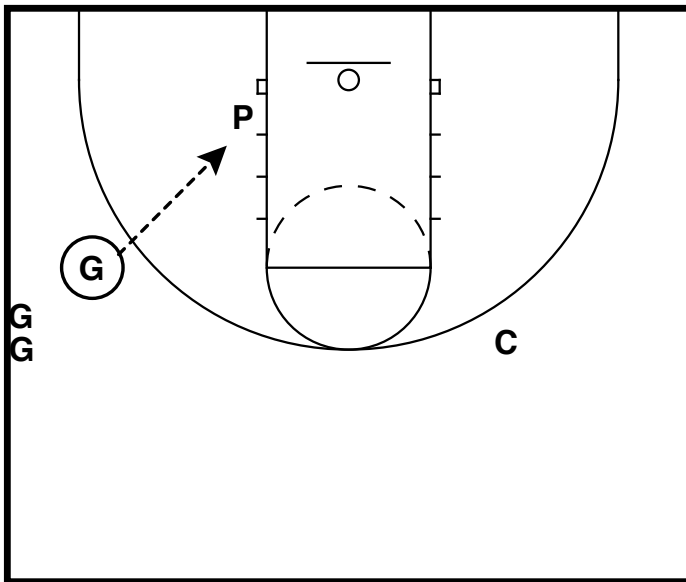


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## Rob Senderoff

Warrior Cut Drill

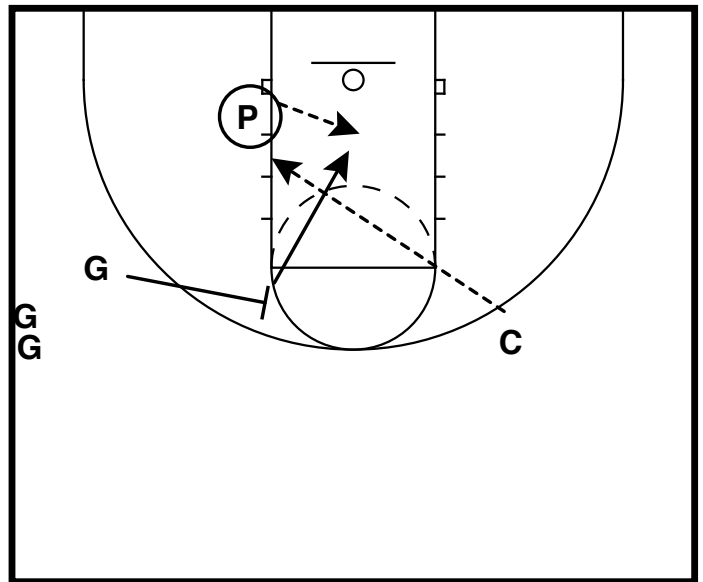
P  
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Guard enters post

Warrior Cut Drill

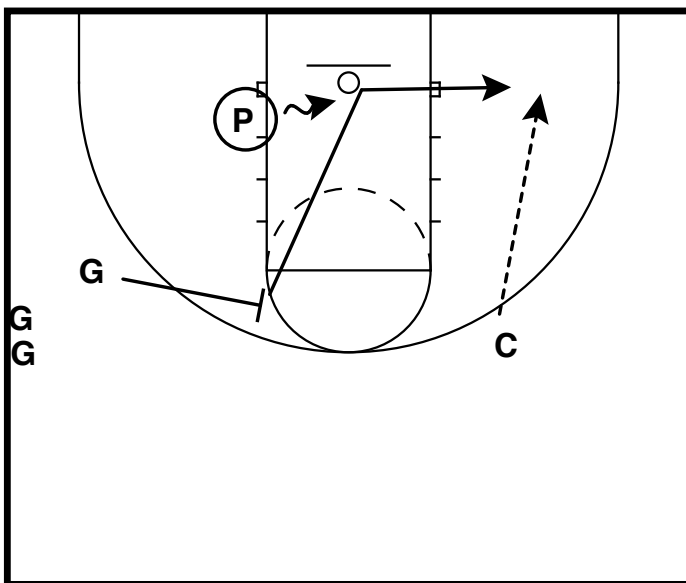
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Guard line sets a cross screen, then slips to basket. Post hits bounce pass for finish, then ducks in for post entry from coach

Warrior Cut Drill

P  
P

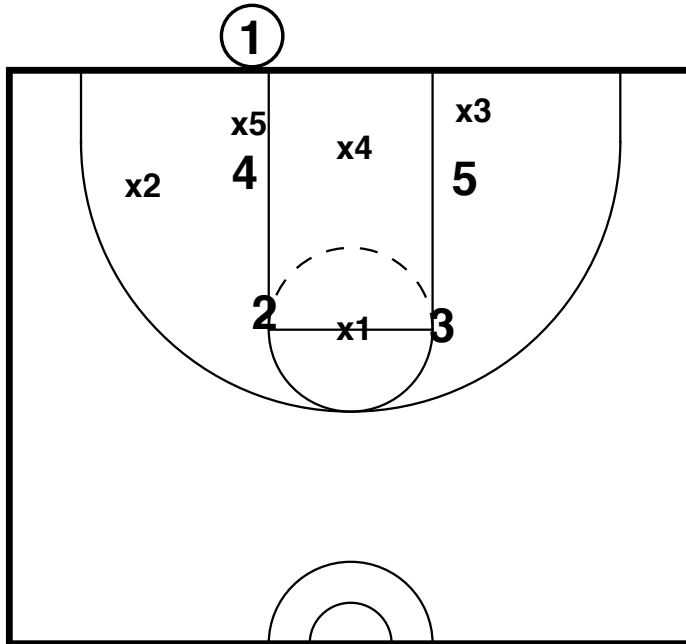


Post keeps it this time, simulating one-on-one in post as action is happening around him. Guard screens, slips, then cuts for a jumper.

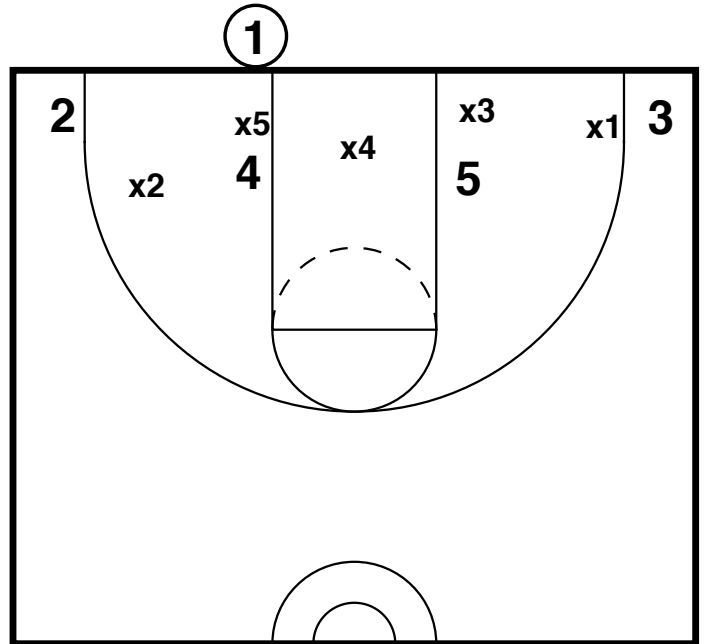
# OHSBCA Clinic 2016

## Thad Matta

Buckeyes BLOOB D "13"



Buckeyes BLOOB D "13"



x5: Longest guy on the basketball "mad man"  
 x4: Slam man – Takes hits on the middle of paint  
 x2: Wing man ball side wing, don't deny to corner  
 x1: Flier – anticipates and flies to basketball  
 x3: Baseline protector – takes away weak side corner  
 Contact switch all action – don't get slipped  
 Slam man never hedges out

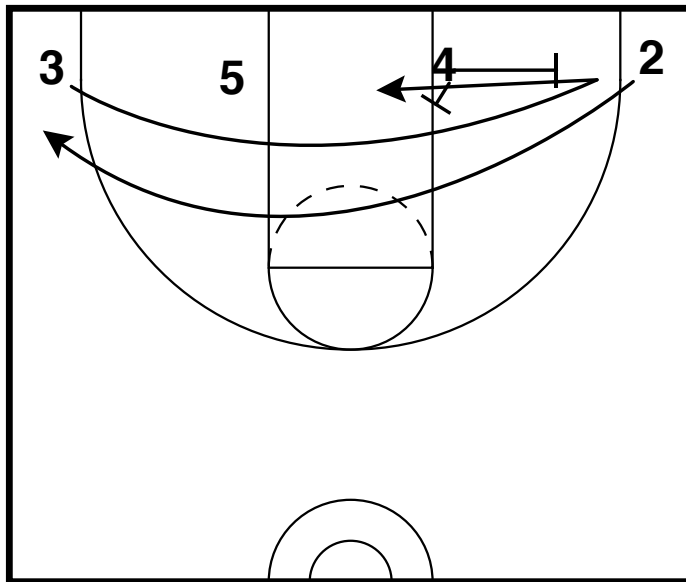
If they go 4 flat to the baseline the flier x1 matches to backside corner

# OHSBCA Clinic 2016

## Thad Matta

OSU BLOOBs

①



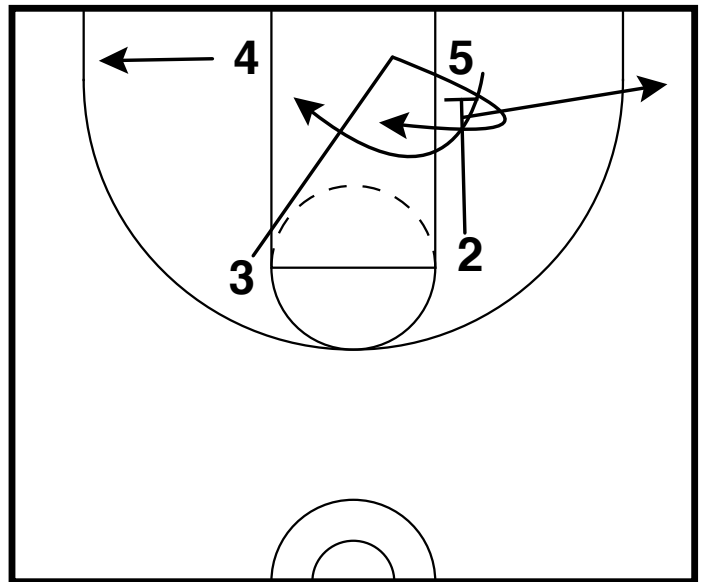
"14 Reverse"

2 and 3 exchange cut

4 screens 3 and then rescreens him for a lob to the front of the rim. 4 then slips

OSU BLOOBs

①



"KU"

2 down screens for 5 who loops to the weak side block as 4 clears out

3 cuts under and then over 2 for a lob at the front of the rim

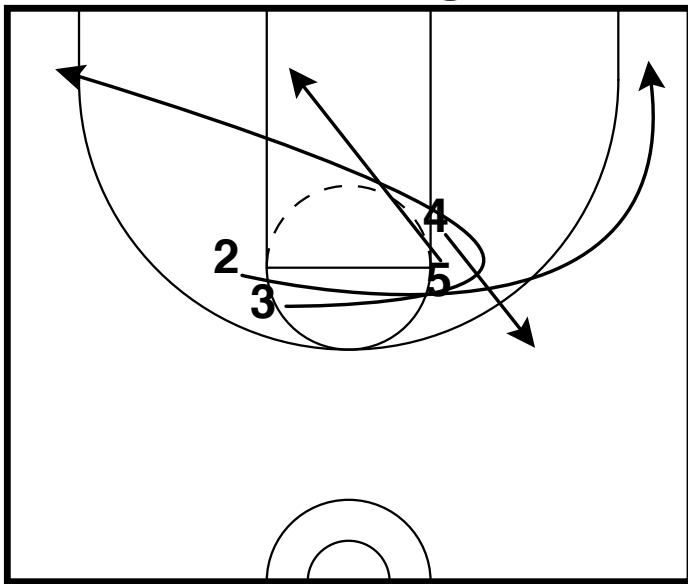
2 pops to the corner for a three

# OHSBCA Clinic 2016

## Thad Matta

OSU BLOOBs

①



"three for a stretch 4 man"

- 3 curls around 4 and 5 to the weak side block
- 2 comes off 4 and 5's double screen to the ball side corner
- 5 then dives to the ball side block
- 4 pops back for a 3

# OHSBCA Clinic 2016

Great Columbus CC

**Scorebook Live:** Score book live free app. Replaces traditional paper scorebook and allows fans and media to follow games and get live updates.

## **Alan Stein Pure Sweat Basketball: How to improve basketball athleticism during the season**

### **4 Levels to Build Complete Basketball Player - Pyramid**

1. Athleticism - base
2. Skill
3. Mind: basketball IQ
4. Heart: motor, grit passion

### **Athleticism**

1. Readiness: physically and mentally prepared
2. Strength
3. Speed
4. Conditioning

**You get what you emphasize:** Believes all basketball players should start every training by working on weak hand. Weak hands provides more solutions to the problems players need to solve on the court

**“Get the ball into the paint to put pressure on the defense and have a solution and all available options to problems that face him.”** Steve Nash

### **Warm-up drill**

Weak hand partner pass with, dance feet, catch and pass no dribble

Pound and pass

Cross over / between legs / between behind / behind behind dribble and pass with weak hand

*\*working on coordination and movement in this drill not game specific drills*

2 out one back with weak hand to 5 spots finish off backboard, no rim, reverse.  
Strong hand never touches the ball

**“If you come back in the fall and you still have a weak hand you wasted your summer”**

**6 movements primarily used in basketball**

- a. Sprint
- b. Backpeddle
- c. Jump and land
- d. Pivot
- e. Lunge
- f. Defensive slide

**Drill:** focus is balanced shooting: 3 balanced 2 feet jumps / 1-2 steps / 45 degree angle hops / 45 degree angle 1-2 step from center circle (could be from corner or wings too) to form jumper in the paint, then 2 jumps and 1 jump  
 - improved footwork he believes in emphasizing everyday

**Drill:** 3 lateral hops / back and forth hops / 180 degree hops / 360 degree hop (both shoulders) / 360 degree pivot into 15 foot jumper (form shooting)  
 Cover ground, be light and bouncy, get outside comfort zone  
 Bad rep take away more than good reps add. Has to be strong focus on balance and form

**Drill:** start on baseline: run lane line, across FT line and around arc of circle into elbow jumper (can add defensive slide across FT line)  
 Focus on sharp cuts and footwork

#### **4 pillars of ACL injury reduction**

- a. Ankle and hip mobility
- b. Strengthen posterior chain in lower half
- c. Land soft and on balance
- d. Decelerate, plant and change direction with proper footwork – load and explode

Have to have great communication and leadership during readiness phase.  
 Touches create energy and bonds

#### **Stationary Movement Warm-up:**

Reach ball back and look back, sway side to side with ball over head, reach ball back over head then out on front over head while leaned over at 90 degrees, same upper body movements in a lunge, rocker lunge with ball: pelvis to ball then rock back and point toes to nose

Lunge to the side and put ball around each foot

Super hero reach. On one foot form a capital T with your body

Hip raise with ball between knees, extend one leg at a time

Treat warm up like mini warm up, believe in it and have basketball specific movements

Put the ball in every players hands creates buy-in from players

**Basketball Strength** (can perform skills at max speed with max efficiency with contact)

- Shift in basketball away from weight room strength into basketball strength

### **Partner Resistance**

Be a statue in stance, with ball in chest, partner push shoulder, hip and knee  
Standard tension to random tension

In stance with ball in front of chest with arms extended, partner push, pulls and pushes ball down – steady and random tension

Lunge with ball extended in front / overhead

**“Boredom is a killer of practice time. Kids attention spans are getting shorter”**

### **Basketball Speed**

Basketball is a starting and stop, changing direction, acceleration and deceleration

**“Don’t get bored with the basics”**

**“Repetition is the oldest and most proven form of education”** youth players need to do footwork at every practice

**Drill:** partners. One with ball behind, no ball in front, throw ball out in front, run ball down, catch on jump stop and pivot to throw ball back to partner.

One 1 knee start / 1 knee facing laterally / in plank

**“Keep imagination and creativity in your practice and drills”**

Encourage creativity in your players – should be 5-10% of workout time

### **Basketball Conditioning**

6 player wheel drill, defensive slide / close out/ speed dribble and curl tight around / pass and get hand off / speed dribble and retreat dribble to each teammate around the wheel

Pure Sweat basketball show podcast randomized practice to read and react force players to think the game

**“Your actual culture is whatever happens when coaches are not around”**

**Kevin McGuff OSU Women's Head Coach:  
OSU Pack Line Defense**

Rob Senderhoff Kent St. Men's Head Coach: KSU's Play after Play Action

**2016 State Championship Coaches**

Dan Selle Cornerstone Christian boys' basketball: Best practice

Culture "Hard work allows you to play up"

Who are the mentors in your life? Be a lifelong learner.

Schedule time with your spouse.

Staff – Get servant leaders and people that you are around, young guys that can still play and show it to the players

Track what you want to be practice and games: keep track of the stats that are important to you. ie charges

Fresh – new drills, coaching staff bring energy

Communicate: keep parents in the loop

Get away with your team

Accountability partners

Get stronger – stronger, more explosive, in the weight room through the season

Competition

Academics

**Frank Kill Lima CC boys'**

Competitive drills

10 min on the clock

3 lines drive kick, drive kick, shoot from corner, half white, half black keep track of makes

**Andy Booth Wadsworth HS Girls'**

Favorite BLOOB: double screen and screen the screener

What to do in a BLOOB situation when team comes out in umbrella zone when you need a 3? Good to address with players if you are out of time outs

**Ed Calo Westerville South Boys':**

It's not what you teach it is what you emphasize

4 man workout drill

2 ball 4 man: pass from above the top of key to the wing for a transition 3 / rip and go baseline / shot fake and go middle / wing to top of key

players move in a big circle

Drill what you do in a game a lot

Meyers Shooting Drill: 6 players 3 basketball



**Pat Kelsey Winthrop Mens' Head Coach**  
**Using Basketball Analytics to Ignite Your Offense**

Cell: 803-322-1944  
[kelseyp@winthrop.edu](mailto:kelseyp@winthrop.edu)

**Introduction**

Lot of Ohio connections at Winthrop  
Coaches have a profound impact on students and players  
He is in coaching because he idolized his coaches  
Steal good ideas  
Players make 1 trip around the court and don't touch the actual court. Symbolic because they don't cut corners  
Starts practice with fire lay-ups drill to get the gym fired up to start practice. Talk, chatter and basketballs flying around the gym  
Cross Roads passing drills (get gym popping with energy)

**Analytics**

Everything based off 100 possessions, takes pace out equations  
Points per possession is a key stat  
Rank everything they do on offensive and defensive PPP  
1 PPP on offense .9 or .85 PPP on defense  
limit turnovers and turn teams over to increase both  
get 2<sup>nd</sup> shots – higher percentage shots, don't allow 2<sup>nd</sup> shots  
get higher percentage shots and force lower percentage shots  
shot spectrum – what type of shots you get. Look at efficiency of shots  
Highest percentage shots in the NBA: Free throws, lay-ups, corner 3 (closer and catch and shoot mostly) arc 3's, paint 2, non paint 2 (36% in college) basketball.

They play pack-line with great ball pressure on D and go downhill on offense to achieve the shot spectrum you want.

**Number 1 key to Efficient Offense:** have good players

**Offensive Philosophy:** Pace and tempo: play fast, do things at a faster pace getting down hill,

Put constant pressure on the defense – all 5 players create tempo  
Every thing they do follows this philosophy, practices and workouts  
Offense rebounding like crazy from the 3,4 and 5 spots  
Play defense 1<sup>st</sup>, guard

**Do not sacrifice defense for offense**

**Commitment to playing their way for 40 min:** Run the whole game, including the last 2 min.

**Practice Fast:** short and to the point practices: hard and fast

Conditioning

Quick and deep outlets

Firing out from the back court – 1<sup>st</sup> step has to be flying in the other direction

Running to their spots: wings deep to the corner

Hard push by lead guard: 1,2,3,4 can all push in transition and fill any perimeter spot.

4 inbounds on a make

5 rim runs and gets opposite the ball with heels on baseline

1,2,3,4 push ball, deep corners, trail screen

Push thru resistance to paint touches in transition

Looking for 50 paint touches per game

Advance passes

Convert 2 on 1 and 3 on 2's then get to corners

.5 seconds to make a decision with the ball

***“Don't confuse running with shooting quick”***

**4 around 1 offense:** modified dribble drive

**Drill:** 3 on 0 / 4 on 0 fill the O's (open offense perimeter spots)

10 passes, name 1 guys as a driver other players pass and cut

5 on 0 Version: 5 man sets a ball screen and dives on 3<sup>rd</sup> and 8<sup>th</sup> pass in the drill

Tip drill to 5 on 0 transition offense: 1-4 can push 5 outlets

**Player Development** is all based on what they do in their offense

Unique finishes (coaches call out right foot right hand, left foot right hand etc.) in pre practice off of hard downhill drives

Skip Prosser **“never delay gratitude”** show how appreciative you are whenever possible

## **Fran Fraschilla ESPN: International offense concepts**

*“International offense is not brain surgery, in Europe they look at the game of basketball from a different perspective.”*

### **Ideas to think about**

5 characteristics of great coaches

1. Teaching skills
2. Communication skills
3. Organizational skills – Players respect attention to detail
4. Motivational skills
5. Under pressure skills – What are you doing to get better at that? Clock management?

**Have you improved in all these areas during the off-season???**

**Can someone walk into 10 min of practice and know what you stand for?**

**Make as many pressure decisions in the non-pressure time of the offseason as possible.** Come back stuff; play with the lead stuff, last second shot stuff

**Arrangement off the bench during a time-out.** PG right in front of him with back up PG right behind him. Wing players with their subs on one side, bigs together on the other side. That way you are sending same messages and keeping timeouts organized.

**Don't try to be great at everything:** pick out 2 or 3 things you have to be really good at. *“If you try to be great at everything you are going to be mediocre at everything.”*

### **International Bball**

Flow: The ball has energy when it moves

The open man is their “go to guy”

**Spacing:** 4 on the perimeter

Play 4 guards a lot to space the floor

### **Screen and Roll Philosophy**

The ball screen creates in decision in the defense

Partnership of screening – must work on this everyday - create long closeouts to attack off the dribble

Europe moves bodies first (false motion) then gets into their pick and roll offense, doesn't let the defense get set.

Middle Ball Screen: "late angle screen" sprint from directly behind on ball defender and choose and angle last min

Get a piece of the defenders bottom foot legally

Screen and rescreen when defense goes under. Set the second screen lower and at an angle so the ball handler can go downhill

Screen high above 3 point line, gives room to set the second screen

Ball handler attacks to get to the rim

Bigs roll to the rim hard

**Back Action** are the shooters on the back side spotted on the arc – creates long close-outs

"Short roll" when the ball handler is getting trapped. Hit screener and make a play in the middle of the floor. Drive and finish, drop, or kick to shooters in the corner

**Pick and Roll Offense:** Do you have a solution for every ball screen defense you are going to see.

**"Weak D"** Defense forces handler to his weak hand and big soft hedges = cross grain with the dribble go across the soft hedgers face with handlers strong hand

**"Invisible screen"** big go up like you are going to set the middle ball screen and fake the screen and create a clear out for the ball handler

**"Lithuania" Pick and Roll Continuity Offense** – Australia Olympic offense 2016 entry into it: available on youtube.com

Starts in transition with 1 and 5 two man game and look to enter the post  
1 speed cuts baseline on the post feed with a double on the weak side.

Top screener looks to slip, bottom screener can also slip

Hit the 4 man and look high and low action if entry to 5 isn't there

Starts the pick and roll continuity offense off 4's catch into a wing back door cut / clear out and dribble handoff

He likes the dribble handoff in the ball screen continuity

**Ball Screen Continuity vs. Packline Defense** – the back cutter runs into his own man and hold and it becomes a double screen at the dribble hand-off / ball screen vs switching defense - flair screen and slip instead of the automatic back door cut - get corner shooter to stay and drive it at his man

**“Shallow”** dribble at the wing and shallow him to the top. Hit the wing now on top right into quick alley ball screen

**“2 back door cuts”** as the ball is being dribbled at the wing into hit the replace man at the top and set a pin down for the 2<sup>nd</sup> back cutter

**Down Screen Cutters Options:**

Back cut when over played

Curl when chased

Fade corner when defender goes over the top

45 degree into post entry

**Quick Hitters:**

Drag screen on wing in transition, cross screen the bottom, and down screen for the screener

Drag screen and pop, bring wing shooter thru to the pop side corner

**Iso Dribble Hand Off:** Ball in secondary ball handlers hands, playmaker in right short corner, dribble entry to wing, hit a big on the FT line. Play maker comes from short corner into dribble handoff

Dribble entry to wing, enter post off up screen from a guard, opposite post flashes elbow for rip screen for passer

Spice up your offense and make it harder to guard

**Jason Otter Otter Basketball Shooting with efficiency**  
[Otterbasketball.com](http://Otterbasketball.com)

Using the gun

Consistent shooting gate. Jump rope in their shooting gate

Sink hips, get below the basketball, he doesn't like players to drop the ball down

Required reading: *Outliers* by Malcolm Gladwell

Pound basketball up though your shooting line

Handle ball with hips square to the rim

Power dribble, contact defender to create space, hips back to square to shoot

Lateral dribbles across the rim to keep spacing

Skip dribble coming off a ball screen, get hips back on the rim

Lateral slide with opposite hand

Lunge dribble, hand to the floor to create space

Players need hip mobility to be explosive

Nash Move – lateral cross over into pull up

Price pull up = pound dribble into step back pull up

Jab and shoot

Shot fake and go

“dribble threat” –

Pocket high dribble to get the ball back to shooting pocket, back to a quick passing spot

Speak a common language of offensive skills and moves in your program

Reverse pivot – step into defender to create space and shoot

Runner and runner of euro step

Transition pull up

Behind the back to drift – jump to side to create space

Fake spin – fluctuation of dribble speed – change speed

Pattern dribble – low dribbles moving toward the defense

**Thad Matta OSU Mens' Head Coach**  
**"Ohio St Basketball"**

**Accountability and responsibility amongst young people today**

Kids today need discipline – Instituted tougher discipline and standards – had 4 players transfer – get back to players that want to honor the uniform and do the little things everyday

Lots of outside influences

Character trumps talent!

Best players have sense of team and responsibility

Make practice the test! Challenge players everyday, be demanding and make the game easier

Set your standards for your team.

The people they are, the better Buckeyes they will be. No one is bigger than the team.

**New Zealand All Blacks Rugby Team**

Considered maybe the best sports organization in the world.

No job is too small for them to do. No one ever has to clean up after them. They sweep and clean their own locker room after every game.

**BLOOB defense "13"**

Longest guy on the basketball "mad man"

Slam man – Takes hits on the middle of paint

Wing man ball side wing, don't deny to corner

Flier – anticipates and flies to basketball

Baseline protector – takes away weakside corner

Contact switch all action – don't get slipped

Slam man never hedges out

Be as physical as possible

If they go 4 flat to the baseline the flier matches to backside corner

BLOOB Lob play

14 Reverse

Attempt to score quickly on BLOOB's

Likes to be aggressive vs. dead ball spots he loves to press full court  
"C" press = man press with a centerfielder

He has been teaching reads and spacing all summer.

Teaching actions off the post catch

Likes post touches and playing inside out to distort the defense

## **Don Showalter USA basketball Pressure Full Court Defense**

dshowalter@usabasketball.com

USA basketball academies – coaches clinic

Everyone that coaches in live period has to have USA basketball certification

www.USAb.com to get certification curriculum, drills and clinic speaker videos

Junior High Coaches and Youth Coaches have to prepare kids thru skill development.

HS coaches need to take an active role in youth programs.

Your youth program has to develop young players that have fun and love the game

### **The Gold Standards – USA basketball**

1. No excuses
  2. Great D
  3. Communication
  4. Trust
- = Culture of USA basketball

Best teams has their best player as their hardest worker

The bench is a great motivator

### **Team survey**

Name 3 hardest workers

Name 3 best teammates

Name 3 best defenders

Name 3 best rebounders

**You can do 3 things really well as a team** – it is hard to be great at more than 3 things

### **Basketball is over coached and under taught**

Don't run set plays, run a set to play out of

### **International game and international teams are very skilled.**

Usually have 6 – 1 practice to game ratio

All players are taught all skills

Watch video of international teams

Doesn't like to over coach. Let players figure things out

Teach in sound bites not paragraphs

Don't repeat yourself, players learn to tune you out the 1<sup>st</sup> time.

Have to have non-negotiables that you never let go



### **Worst defensive teams can guard the strong side**

The ball must change sides of the court.

Chart when your teams shooting percentage when the ball stays on one side of the floor vs. when the ball changes sides of the floor multiple times. He saw 15-20% increase in shooting percentage when ball made t to 2<sup>nd</sup> and 3<sup>rd</sup> side of the floor.

*“Create an atmosphere in practice where kids want to come and get better everyday.”* That’s culture and fight for the culture everyday

### **Press D used in USA basketball program**

It is a pressing system not just one press.

\*USA basketball no pressing before 8<sup>th</sup> grade only half court man, and no ball screen offense before 8<sup>th</sup> grade

#### **“23 Press” - Diamond Press**

4 man on the ball plays straight up

- \*Read eyes and shoulders to know where pass is going

- \*The further your man in from the ball the further off him you can play

- \*They dare teams to throw the long pass

- \*Keep track of deflections – that which gets measured gets done

1 and 2 in the guard spots: They cannot let the ball get dribbled past them on the sideline.

4 man traps the 1<sup>st</sup> pass

side line interceptor and middle interceptor

If the ball gets thrown back to the inbounder they do not guard him they rotate into a 2-2-1

They never trap when the ball goes across the paint

Looking to get one trap and done.

**“Squeeze”** the middle interceptor rotates up to deny pass back to inbounder

Their rule is they take away a pass after the offense has used it 2 times in a row

**“Stay”** they don’t trap the 1<sup>st</sup> pass. Everyone stays on their man

**“Red”** deny the inbounds pass

**“22 Press”** – backed up diamond press to the FT line  
trap just before half court – change the pressure point

- \*same defenses responsibilities

Match man to man once the ball crosses half court

**“21 Press”** - backed up to about half court

Trap just across half court

\*Same as “22” but changing your pressure points

\*You will go back to a 2-3 zone

Trap just inside of half court and drop back into your zone on the skip pass

Then put a lengthy 4 man on the top of the 2-3 zone and the 1 man on the bottom.

\$ man disrupts the offense more and 1 man gets outlet passes faster.

**They like to start in this press to create tempo early and disrupt offense**

If you are a pressing team you have to be committed to it and trust in the cumulative effect of the press in the second half

*“Get teams to take shots they don’t usually take and in a hurry”*

*“Players like to play the system because of the pace and disruption”*

**Drill:** “3 man run and slide” turn drill

2 ball handlers, 1 defender

Run ball to ball on the pass. Get a turn on the sideline, offense passes on the turn to other offense who must be on ball side of trap line

**Drill:** 4 man run and trap

2 offense and 2 defense

force the dribble sideline, turn and trap – offense then passes to teammate on ball side of the rim

- offense can’t do beyond the level of the trap

They do all the defensive stuff 1<sup>st</sup> in practice

Starting with defense takes the selfish play out of the game.

Players get more pumped up to work on offense – 2<sup>nd</sup> half of practice when they are fatigued

*“Players don’t have practices, coaches do. Bring it everyday as a coach. Be prepared and bring passion and enthusiasm.”*

**Top 10 mistakes HS coaches make**

1. Take a bad job – need great administration and time to create culture
2. Failure to improve your craft
3. Too much complaining to officials – gives players excuses
4. Not spending enough time on special situations
5. Excessive talking in practice, not enough reps – your players don’t care how smart you are
6. Not spending enough time off the court with your players – they need to see you in a different environment, community service, team activities bonding

7. More practice devoted to fundamentals – passing and catching, shooting, footwork
8. Don't worry about who is the boss – it is about the players, let them figure things out, ask players questions during practice
9. Thinking your philosophy is more important than personnel – adjust to the team you have on X's and O's keep culture the same
10. Falling in love with drills – drills have to be applicable to what you do