

**Basketball Australia High Performance Coach Development
Coaches Clinic – Darwin, Saturday, August 1, 2020
Marrara Indoor Stadium**

Concepts in Offensive Transition

Introduction –

- Game is trending towards “pace and space”
- Being organised and efficient in the first six seconds of the possession crucial
- Players need the skills and understanding to be effective early in the shot clock
- Everyone wants to run – but what does that look like and how do we achieve it?
- Important to teach the “geography of the floor” – who runs where, what shape are we in at the end of the break?

Shot hierarchy –

- Long outlet to run out lay-up
- Kick ahead for lay-ups (dunks)
- Running post lay-up or move from deep catch
- Kick ahead 3 – personnel-based
- Baseline drive, baseline drift
- High shoulder penetration and receivers

Drill One – 1 v 1 outlet read and go

- Constraint 1 – defence on the “skinny side”, long outlet to run out lay-up
- Constraint 2 – defence on the open side, outlet on the sweep
- Constraint 3 – defence chooses, offence reads
- Constraint 4 – defence on the rebounder, outlet must read

Drill Two – 2 v 2 kick ahead

- Constraints – defence hands the ball to offence from behind, wing defender starts two metres behind lane runner
- Guard forward pivot to create space and momentum, kick ahead and play

Drill Three – 3 v 2 plus 1 attack & read

- Guard receives ball from coach on sweep, defence starts behind
- Lane runners on each side with defence shoulder to shoulder
- Guard pushes and reads help rotation
- Lane runners run to rim or run to corner – read
- Play it back 3 v 2 with the shooter stepping off

Drill Four – 5 trip transition scripting

- 5 v 0 transition off the rebound start
- Trip 1 – down the line kick ahead
- Trip 2 – “cross the street” kick ahead
- Trip 3 – kick ahead to deep catch/trail cutting
- Trip 4 – wide pin down and attack
- Trip 5 – drag screen and create

Developing Your Man to Man Defence

Introduction –

- Effective defence starts and finishes with pressuring the ball
- Ball pressure – hand pressure, containment stance, foot movement and ability to maintain “ball, you, basket” positioning
- “Hands guard the ball, feet guard the feet”
- Invest in containment and ball pressure in every practice

Drill 1 – 1 v 1 shadow to chest blow

- In pairs, defence hands ball to offence
- Establish hand pressure – touch distance, hand above ball
- Offence takes one hard dribble
- Defence must move feet to establish “chest blow” on containment
- Build to concept of “bump & done” on the second dribble – chest blow into next movement (play without fouls)

Drill Two - 1 v 1 2-angle containment

- 1 v 1 from a wing
- Focus on pushing the handler laterally
- Handler takes two dribbles in one direction, hesitates, then executes crossover for two more dribbles to middle
- Defender moves to contain, uses “swing step” to change direction and contain a second time
- Start at “rehearsal speed”, build to live

Defensive positioning –

- “Your positioning shall be your help” – define the geography of the floor
- Jumping to the ball is key in any man to man system – “as the ball moves, so shall you”
- Defensive integrity breaks down at the point of the ball and in gaps
- Important to practice positioning in as many “live settings” as possible

Drill Three - 4 v 4 defensive positioning – defending cutting action

- Drill shifts first – 3 passes back and forward at each spot on the floor
- Concept of “perfect positioning” – “as the ball moves, so shall you”
- Maintain a stance throughout
- Add “punch dribble” to drill “sealing the gap”
- Build to cutting action on guard to forward passing

Drill Four – Combination shell drill

- Defenders start in the lane, offence the perimeter
- Ball starts with the coach
- On the pass out, defence establishes positioning
- Offence passes back to coach, defence sprints back and exchanges diagonally
- Drill is live on the second pass out from the coach
- Introduce down screens