

Australian Development Camp - Observations

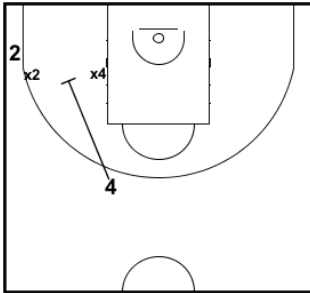
Day 1 & Day 2

By Shaun Roger

shaun.roger@bnsw.com.au

Coaches Meeting

- Areas of focus moving forward at the COE
 - Ability to play without the ball
 - 1v1 Defence
 - Playing on and off the Middle Pick'n'Roll
- Common defensive scheme seen on Pin Downs
 - Capping the Pin Down



- Middle Pick'n'Roll
 - Making sure we are up to date on current defensive schemes
 - How we can occupy the defence, via cuts
 - Floor sports & decision making (passing)
- Shooting Form series they use with the Male athletes at the COE; 6 minutes every day with any combination of below:

FORM

1 Hand

- Spread fingers
- Up on toes
- Finish high
- Index finger pointed at target

1 Hand 1 Foot

- Same hand & same foot
- First step post shot is forward

Ball Lift

- Speed and balance
- Hips down on lift/shot fake
- High finish

Balance/Footwork

- Throw Down
- Throw down dribble into pull-up jump shot
- Inside to Outside footwork (1-2 step)

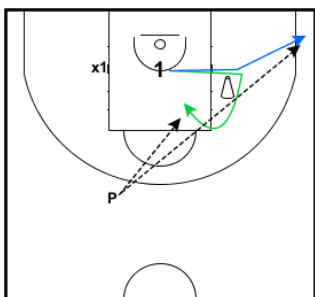
Sprint from ½ Way

- Ball in set position, sprint from ½ Way to mid-range pull-up
- 1-2 step footwork

- Shooting Testing - 7/9 Drill
 - 5 spots (Corner, Wing, Top, Wing, Corner)
 - 7/9 achieved=1 point
 - 3 misses=rotate to next spot
 - 3 minutes on the clock

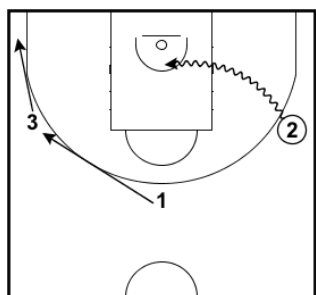
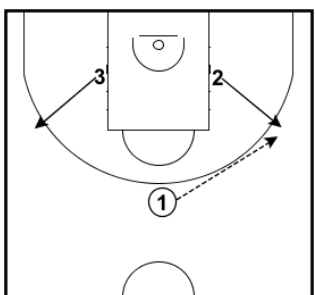
Session #1 - Boys

- Turnout Drill
 - When Offence moves it's live
 - Defence must yell out "Under" or "Over"
 - Offence makes read based on the Defence's call
 - Progression=No verbal, Offence makes read
 - Coach=Passer



Blue="Under"
Green="Over"

- Split-Kick-Extra Progressions
 1. 3v0
 - Get open however you want
 - Passer seeks opposite on penetration
 - Can't pass through the strike-zone (Below shoulders & above hips)
 - Kick and Shot OR Kick, Kick, and Shot



2. 3v2

-Passer can't dribble

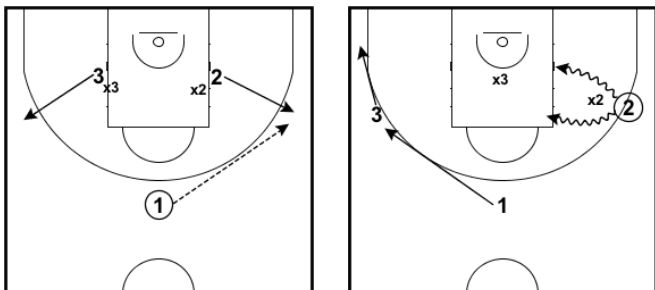
-If defence can deny wing catch, possession ends, teams rotate O to D

-On the catch and penetration, receivers can only:

a) Catch & Shoot

b) Catch & Kick

-No re-penetration



• 4v4 Advantage/Disadvantage

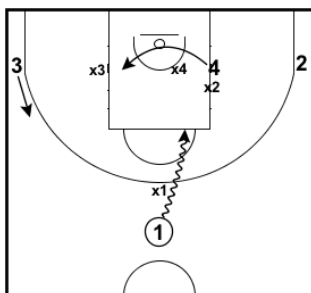
-X1 can't move until O1 gets passed hips

-Turnover=Strike-zone pass on penetration

Note:

-When X4 helps on O1, O4 circles

-X2 either helps on O4 or stays with O2; O1 must see this and react accordingly



• Note

-Must teach nail (high split) to wing close outs

-Very common scenario for junior athletes

-Must consider the driving angles and how to take them away

• 2v2 Stay or Go

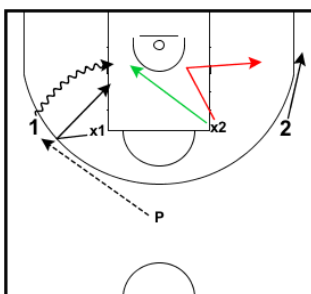
-Coach passes to wing

-Wing drives base

-X1 must touch 3pt line then chase the drive

-X2 communicates "Stay" or "Go" to X1

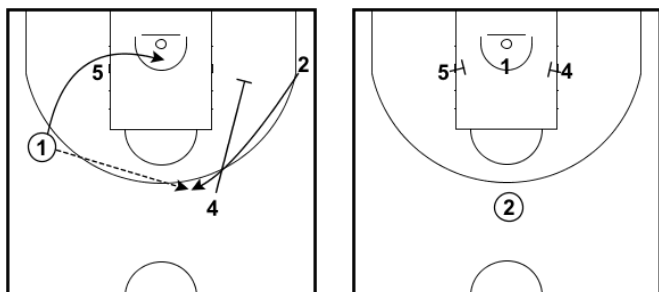
-Stay=stay with your own & Go=rotate out to my man



Green="Go"
Red="Stay"

Session #2 – Boys

- Partner Passing with Proprioception Exercises
 - Two feet on ground, pound the ball & pass
 - Balance on left/right foot, pass back and forth (Proprioception focus)
 - Forward Dribble into Retreat Dribble (Pick'n'Roll/trap simulation)
- Wide Pin Downs
 - Cutter must 'Wait, Wait, Explode'
 - Screener must 'Sprint, Smash, Separate'
 - Screener yells "Wait [name]!" (Cue to remind cutter)
 - Cutter & screener play off each other; 1 to basket, 1 away (Just guidelines, not hard and fast rules)
- Switching the Wide Pin Down
 - Screen your own man
 - Wait for X5 to help then slip
 - Top Block= Back-cut or high post flash (Blind Pig action)
- Feedback Board (White-board)
 - Players write evaluation in break (What they did well in that block of recent drills/reminders moving forward)
 - Provides a sense of ownership to playing group
 - Coaches also write reminders for athletes on the board prior to the session
- Turnouts 2v0 & 2v2
 - On Wide Curl screener can:
 - Duck In (Split & Spin; hip on knee & show thumbs)
 - High Post Flash (If guard goes over the high side of the turnout)
 - Screener must read X5
 - IF they help high-side to prevent curl, back seal to generate an advantage
- 4v4 – Quicks Action

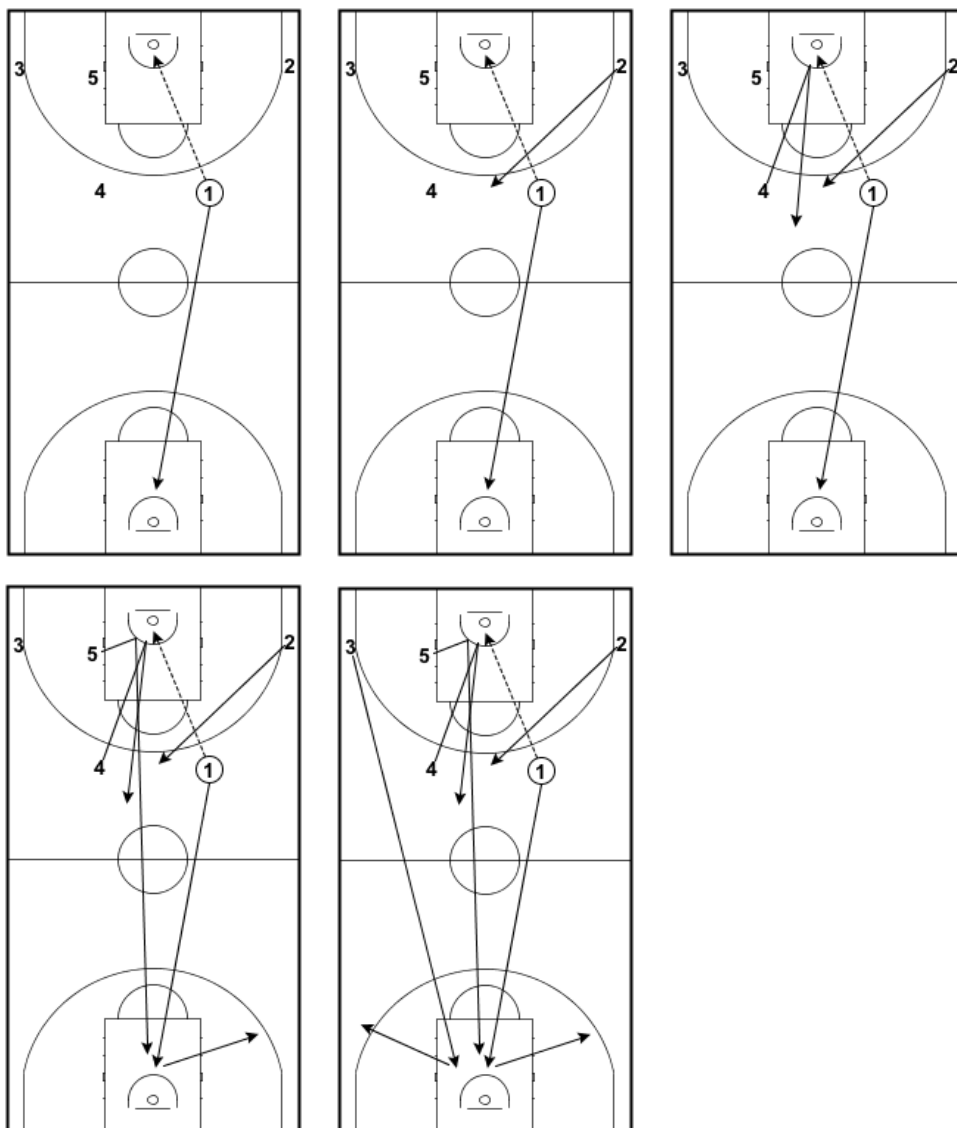


- Note
 - Winning team must make a Free Throw to validate the win
 - Missed Free Throw=No Winner
- Close Outs 1v1 Dummy O
 - Declare the ball early, not on the closeout
 - Take away the 3pt, don't allow the layup
 - If they drive the ball, they must be going over the elbow or behind the backboard
 - Cut them off and 'chest blow'
 - Drop hips, hands out, bump with chest and pop feet back to regain balance
- 1v1 Live
 - Formulate a game plan; which way do we want to channel the ball
- Pack Defence
 - Point pistols when off the ball; helps with correct positioning

- Rebounding/Defensive Transition Policies
 - All 5 players get on the offensive glass
 - On your pursuit to the ball, players MUST rebound on the high-side of their man
 - If the defensive team gets the rebound, matchup and tag up to the closest player

Session #2 – Girls

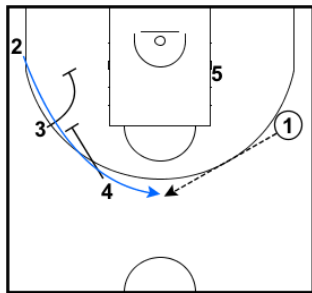
- 3v3/4v4 Turnover Drill
 - Athletes play 3v3/4v4 until coach yells “turnover”
 - On the “Turnover” call, O drops the ball and teams change from O to D & D to O
 - Whoever had the ball on the “Turnover” call is out of the drill; everyone else transitions down the opposite end.
 - If there is no “Turnover” call, whoever shoots it or turns it over is out of the drill.
- Note
 - Whoever runs the middle line (Rim to Rim), OWN that space.
 - Give the guard a reason to throw it in.
- 5v5 Defensive Transition Progressions
 1. 1 Guard Back to Safety
 2. +, 2 Guard is Dog
 3. +, +, and 4 Man is the Plug
 4. +, +, +, and 5 Man sprints to release ‘Safety’
 5. +, +, +, +, and 3 Man sprints to take away ball-side kick ahead



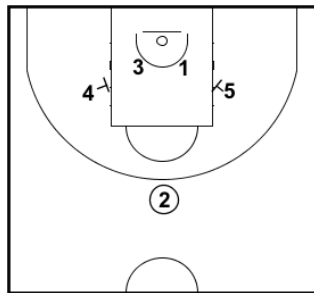
Session #3 – Boys

- Quicks (Boomers Action)

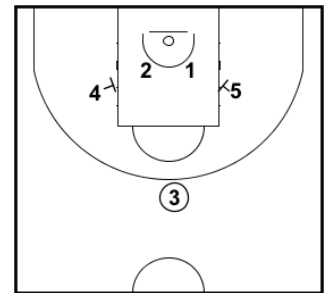
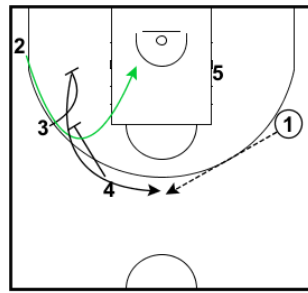
- If they curl the staggers, that person comes off the turnout and the guard involved in the staggered screens comes off a pin down to allow for a ball reversal
- Boomers use 'Quicks' action to then get into their 'Motion' offense



Blue=Wide Curl

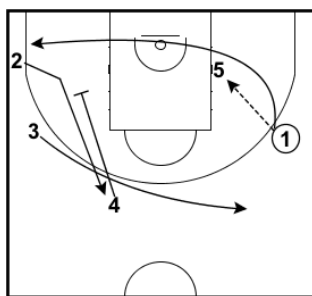


Green=Tight Curl



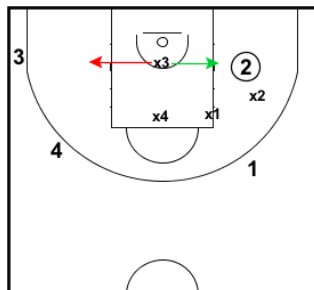
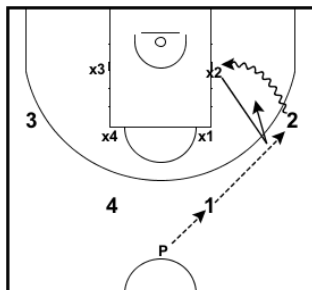
- Post Action

- After the 'Laker Cut', 5 reverse pivots and opens up to the Pin-Down



- 4v4 Stay or Go; Perimeter

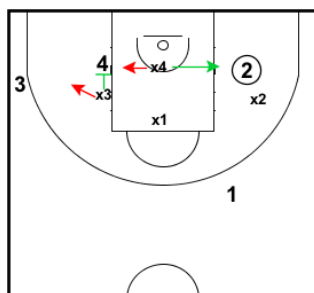
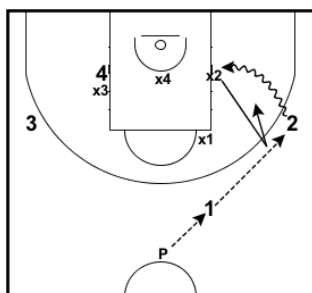
- Same concept as 2v2 Stay or Go



Green=Go
Red=Stay

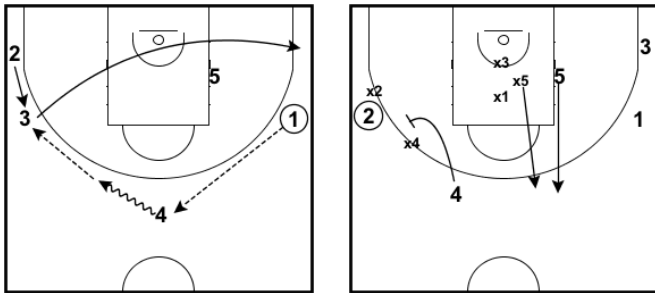
- 4v4 Stay or Go; Post

- If the command is "Go", X3 must take the post out of the action; drive him to the baseline
- X2 is guarding O3 & O2 waiting for X1 to communicate matchup

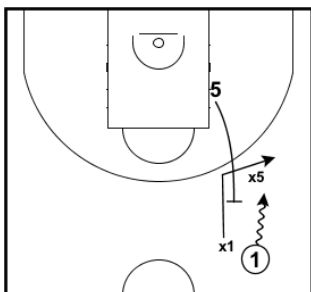


Green=Go
Red=Stay

- DHO Defence
 - Nail is a position (High split), must be occupied
 - That person must take away anything that comes through that area
 - Captain is a role (Low split)
 - Must declare both
- Guarding Spread Pick'n'Roll
 - When the coverage is a 'Show'
 - 5 lifts & X5 follows
 - Instead of X5 playing on the nail, in Spread Pick'n'Roll situation we deny the reversal from 2 to 5.
 - X3 is the Captain and communicates "Stay" or "Go" on 4s roll
 - If X3 yells "Go", X1 guard two until X4 communicates matchup

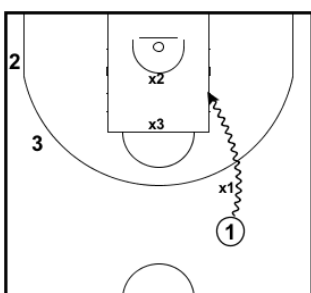


- Guarding the Step Up Screen
 - When the coverage is 'Wall & Under'
 - X1 does not allow middle
 - X5 must wall and slow the ball
 - On X5's show, X1 gets under and back in front.

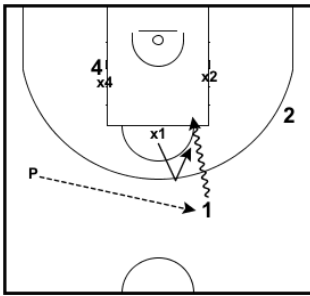


Session #3 – Girls

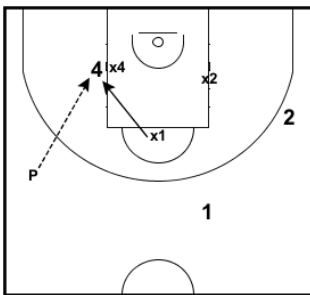
- 3v3 Advantage/Disadvantage
 - Simulating dribble penetration in transition
 - X1 has her back to the ball; when O1 attacks and gets passed X1's hips, X1 can recover into the play.
 - Can build in "Stay" or "Go" concepts
 - O1 hits open player, first receiver can't re-penetrate, second receiver can.



- 3v3 Advantage/Disadvantage
 - Simulating dribble penetration off a closeout
 - On the catch X1 must touch the 3pt line
 - O1 reads the help from X2 and X4



- 3v3 Advantage/Disadvantage
 - Simulating a kick out off a post-double
 - X2 guards two
 - O4 makes a read and passes to the open player



Acknowledgments

- Basketball Australia
- Adam Caporn (Head Coach at the Centre Of Excellence - Men's Program)
- Michael Cassidy (Assistant Coach at the Centre Of Excellence - Men's Program)
- Kristen Veal (Head Coach at the Centre Of Excellence - Women's Program)
- Matthew Paton (Assistant Coach at the Centre Of Excellence - Women's Program)
- State High Performance Managers