

FIND OUT THE MAGIC PRACTICE SHOOTING % FOR GAME SUCCESS

# BASKETBALL COACH WEEKLY

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CATCH DEFENSES  
OFF-GUARD >  
AND SCORE EASILY  
OFF INBOUND PLAYS

## INBOUND THE BALL AND SCORE!

## BASELINE STACK ACROSS PLAYS

CREATE MULTIPLE  
SCORING OPTIONS

REMAIN  
COMPETITIVE  
WHEN YOUR SEASON  
IS HIT BY INJURY

## THE BEST PRACTICE DRILLS EVERY WEEK!

IS CAFFEINE NEGATIVELY IMPACTING YOUR PLAYERS?

# High-Caffeine Drinks Are Negatively Affecting Athletes



**Basketball Coach Weekly** Issue 21

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## Sideline Stories

Watch your players file into the gym or locker room for practice. What are they drinking? Years ago athletes carried water bottles. Then, it seemed like everyone was sipping from a sports drink before competing. Now, caffeinated beverages, some that are detrimental to teenagers' health, appear to be the go-to choice of drink.

Ruth Carey, SportsRD, nutrition consultant with a private practice in Tualatin, Ore., says teenagers absolutely are reaching for caffeinated drinks more today than in years past. She notices boys swigging energy drinks while girls opt for coffee drinks.

While caffeine isn't necessarily a bad thing for teenagers (Carey notes there are no good studies on teens and caffeine), when those drinks are replacing needed beverages, such as milk, then athletes are at a disadvantage.

"Caffeine does inhibit some calcium absorption and teenagers need a lot of calcium (1,300 mg)," Carey says. "If energy drinks (or soda) displace milk in the diet, teenagers can see more stress fractures and lower bone density."

The other issue is that teens are using these high-caffeine beverages to make up for a lack of sleep. Carey says teenagers need between 8 to 10 hours of sleep. The National Sleep Foundation cited a study reporting only 15 percent

of teenagers get 8 ½ hours of sleep on school nights. "Sleeping is when muscles rebuild and refuel," Carey adds.

In addition to a higher propensity for stress fractures and tired muscles, teens drinking caffeinated beverages rather than milk or water struggle when they don't get their daily caffeine fix or attempt to eliminate it from their diets. "Kids will notice they get a headache if they don't have their regular e-drink," Carey says. Plus, if an athlete isn't used to caffeine but wants to be like his or her teammates, performance may be diminished rather than enhanced.

"If athletes are not used to caffeine and use it before competing, they might experience jitters or increased nervousness. This may not be good for shooting a basketball," says Carey.

When it comes down to it, if you notice your players constantly guzzling high-caffeine drinks, have a talk with them. Explain how the caffeine may be inhibiting their sleep, as well as their performance. If they must have some daily caffeine, Carey recommends tea or coffee.

"Energy drinks can be a dangerous 'cocktail' of a number of stimulants, vitamins and herbals. Soda is high in sugar and not a good sports drink."



*Michael Austin*  
Michael Austin  
Editor-in-chief



Caffeine consumption is rising among athletes - have a talk with them about the drawbacks of this drug

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Design your inbound plays with a focus on scoring vs. an off-guard defense, rather than just wanting the ball in play

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Multiple screens set up a perfect slip opportunity toward the basket and a high-percentage shot off the inbound pass

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Sometimes the injury bug bites hard - don't let it ruin your season - remain competitive with these tips

### QUICK HITTER

#### Pick A Spot & Nail 60% Of Shots ... Or Don't Bother

By Michael Austin

Practice time dedicated to shooting shouldn't be considered an opportunity for players to slack off. The shots they make (and take) in practice correlate directly to their success in games.

Lofting turn-around jumpers from 25 feet off one foot isn't helping players, or your team, get better.

And now there is statistical evidence to back up how practice shooting translates into game success. Drew Hanlen, an NBA Strategic Skills Coach and owner of **Pure Sweat Basketball**, says players must knock down 60 percent of a specific shot or not bother shooting it in a game.

Throughout his experience, he has witnessed and studied that field-goal percentage of the same practice shot drops 15 to 25 percent when utilized in a game.

Teach your power forward competing for playing time to consistently knock down 60 percent of his jump hooks (for example) rather than wasting his time chucking 3-pointers.



When the ball goes out of bounds on the baseline, have a scoring set play ready

# Score From Baseline Sets

Defenses are placed out of position when you are inbounding from under the basket – take advantage and design plays with multiple scoring options

**B**aseline-inbound situations are perfect for catching a defense off-guard for a quick score. In a typical defensive situation, the players know their responsibilities, the ball typically is in front of them and away from the basket. It's easier for man or zone defenses in this setting.

But, from the baseline, the ball now is closer to the hoop. Four offensive players are moving at the same time. Screens are coming from all directions. Defenders are spun around and attempting to defend from different angles. One errant move, look or lunge by a defender places your offense in a perfect position to net a high-percentage shot.

Too often it seems teams are content simply tossing the ball toward mid-court and starting their regular offense. The goal for inbounding teams should be to score. The defense is on its heels, out of position and forced to react to the offense rather than being the aggressor.

Bruce Bouck, president of the Mansfield Youth Basketball Association (Mansfield, Mass.), provided the following two baseline inbound plays. He says he uses them frequently for end-of-quarter or end-of-game situations when less than 10 seconds remain on the clock. They involve multiple screens yet develop quickly and both offer multiple scoring options spaced across the floor.

We know coaches loves out-of-bounds plays, which is why we're providing two here but also dedicating an entire book to the topic. **Basketball Coach Weekly** currently is gathering the best 27 successful inbound plays we've seen in the last year, breaking down the movements and putting them all together for you in a single publication.

As you start to look at this year's playbook and begin thinking about next season, now is the perfect time to introduce new sets and plays into your philosophy. Keep an eye out for this exciting new release, and, as an appetizer to the book, check out the two baseline plays on the next couple of pages.

#### Words by:

Michael Austin

#### Activities by:

Bruce Bouck, President, Mansfield Youth Basketball Association, boys varsity assistant, Mansfield High School, Mass.

# Underneath Inbound Stack

Create an in-close, mid-range and long-distance scoring option from a simple lane-line stack set by utilizing a few off-the-ball screens

## WHY USE IT

Stack looks are difficult to defend, especially when the stacked players scatter in different directions. Use a stack to get the defense on the move, spread out the defenders and create multiple scoring opportunities.

## SET UP

Three players align on the lane line in front of the inbounder. The final player is situated near the top.

## HOW TO PLAY

The middle player cuts across the lane. The top stack player moves high to screen for the solo player [1]. After setting the high screen, the screener uses a high screen from the middle stack player and moves to the weak-side short corner. After setting the high screen, that player rolls back toward the hoop. The player originally at the top comes low and screens for the front-of-line player, who pops to the strong-side corner [2]. The inbounder now has three scoring options: a layup to the player rolling to the hoop; a mid-range jumper from the player in the weak-side short corner; or a 3-pointer from the strong-side deep corner [3].

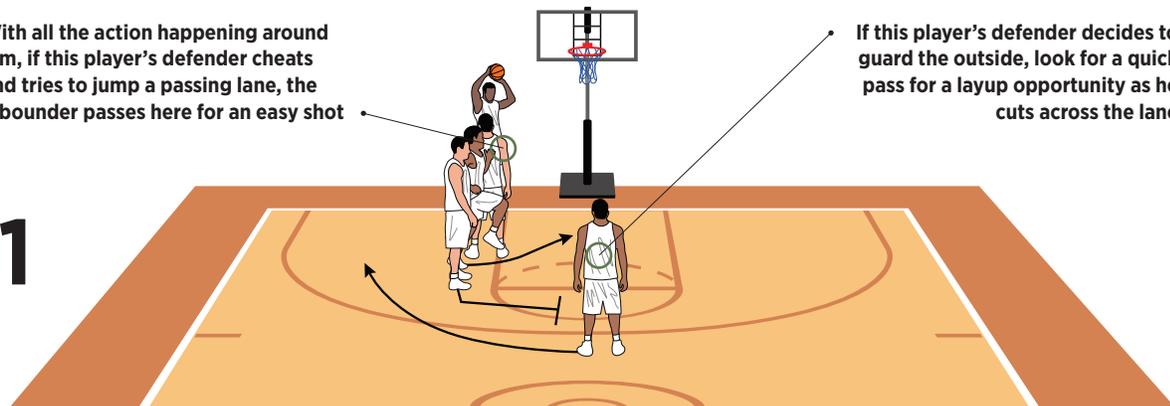
## TECHNIQUE

A lot of defensive focus is on the solo player at the top and he's the only person who isn't a scoring threat.

With all the action happening around him, if this player's defender cheats and tries to jump a passing lane, the inbounder passes here for an easy shot

If this player's defender decides to guard the outside, look for a quick pass for a layup opportunity as he cuts across the lane

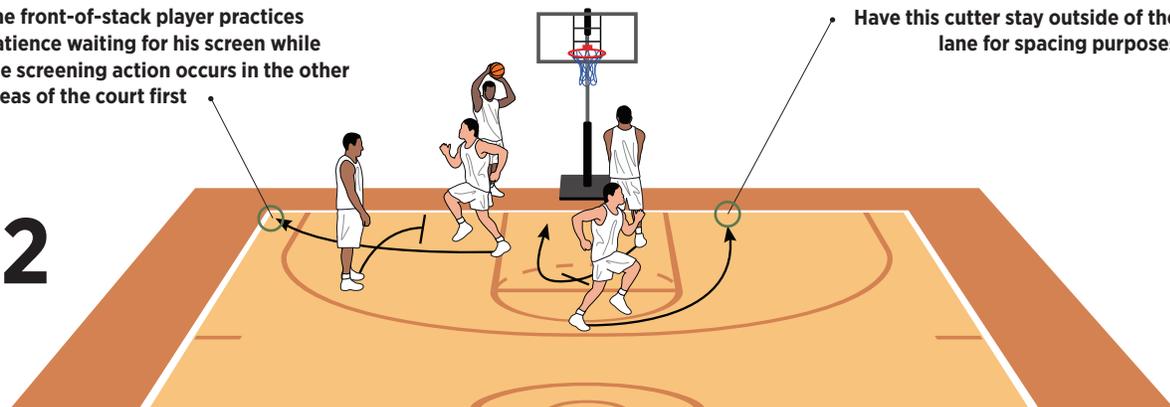
1



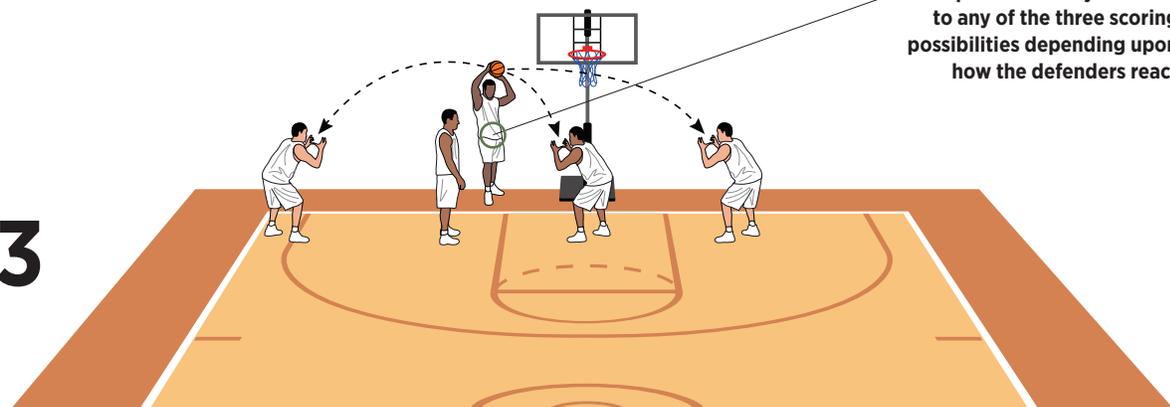
The front-of-stack player practices patience waiting for his screen while the screening action occurs in the other areas of the court first

Have this cutter stay outside of the lane for spacing purposes

2



3



The passer is ready to throw to any of the three scoring possibilities depending upon how the defenders react

Player movement →

Ball movement - - - →

Dribble ~~~~~ →

Shot →

# Underneath Inbound Across

Coming off a screen, the player closest to the ball then screens away and slips to the basket for a high-percentage scoring opportunity

## WHY USE IT

It's not easy to defend multiple well executed lane screens. Gain an advantage on the defense and set up a couple of scoring chances close to the baseline.

## SET UP

Three players align across the lane near the baseline. One player is positioned outside the 3-point arc closer to the strong-side top.

## HOW TO PLAY

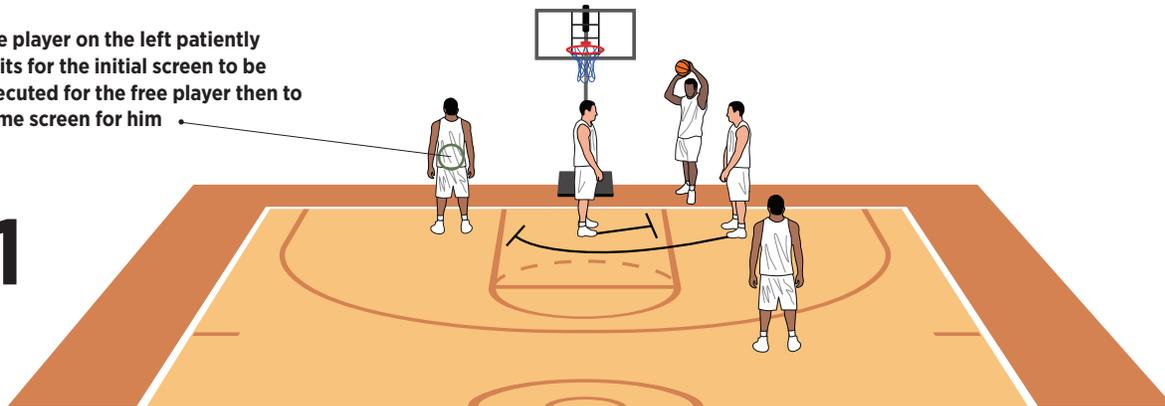
The first move is for middle player to screen for the player near the ball, who then runs across the lane and screens for the player on the left [1]. After setting the screen on the left, the screener slips toward the hoop ready to catch a pass. The player on the left uses the initial screen, then a second screen in the lane to come free on the right side [2]. The inbounder has the option to hit the player on the left close to the hoop or to the open player on the strong-side baseline [3].

## TECHNIQUE

Due to multiple screens taking place in a close area, your players must hold their screens and not release until disrupting the pursuit of the defender. Early release from a screen allows the defense to recover faster in a short space, which takes away passing lanes and scoring opportunities.

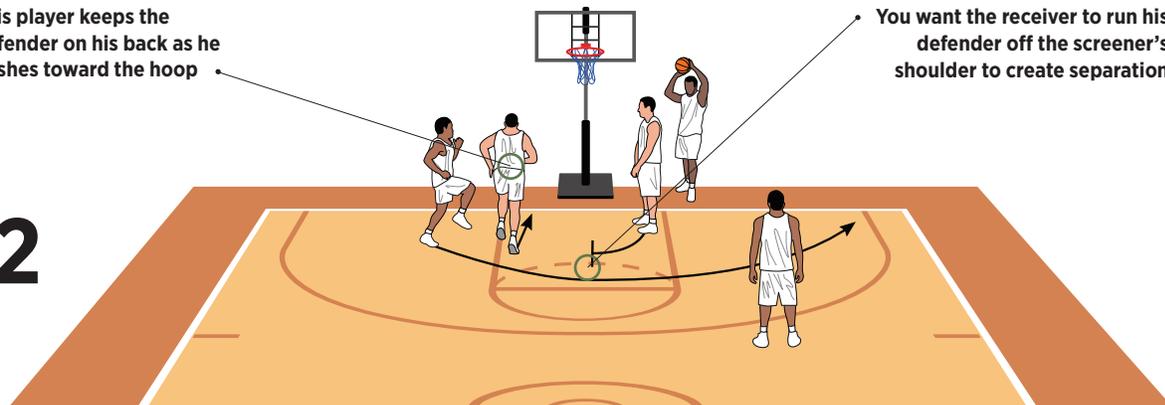
The player on the left patiently waits for the initial screen to be executed for the free player then to come screen for him

1



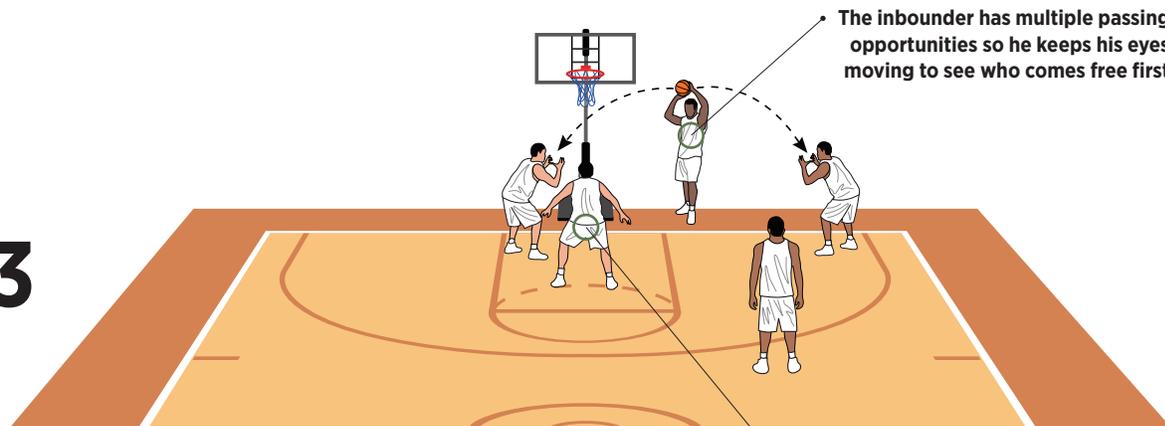
This player keeps the defender on his back as he flashes toward the hoop

2



You want the receiver to run his defender off the screener's shoulder to create separation

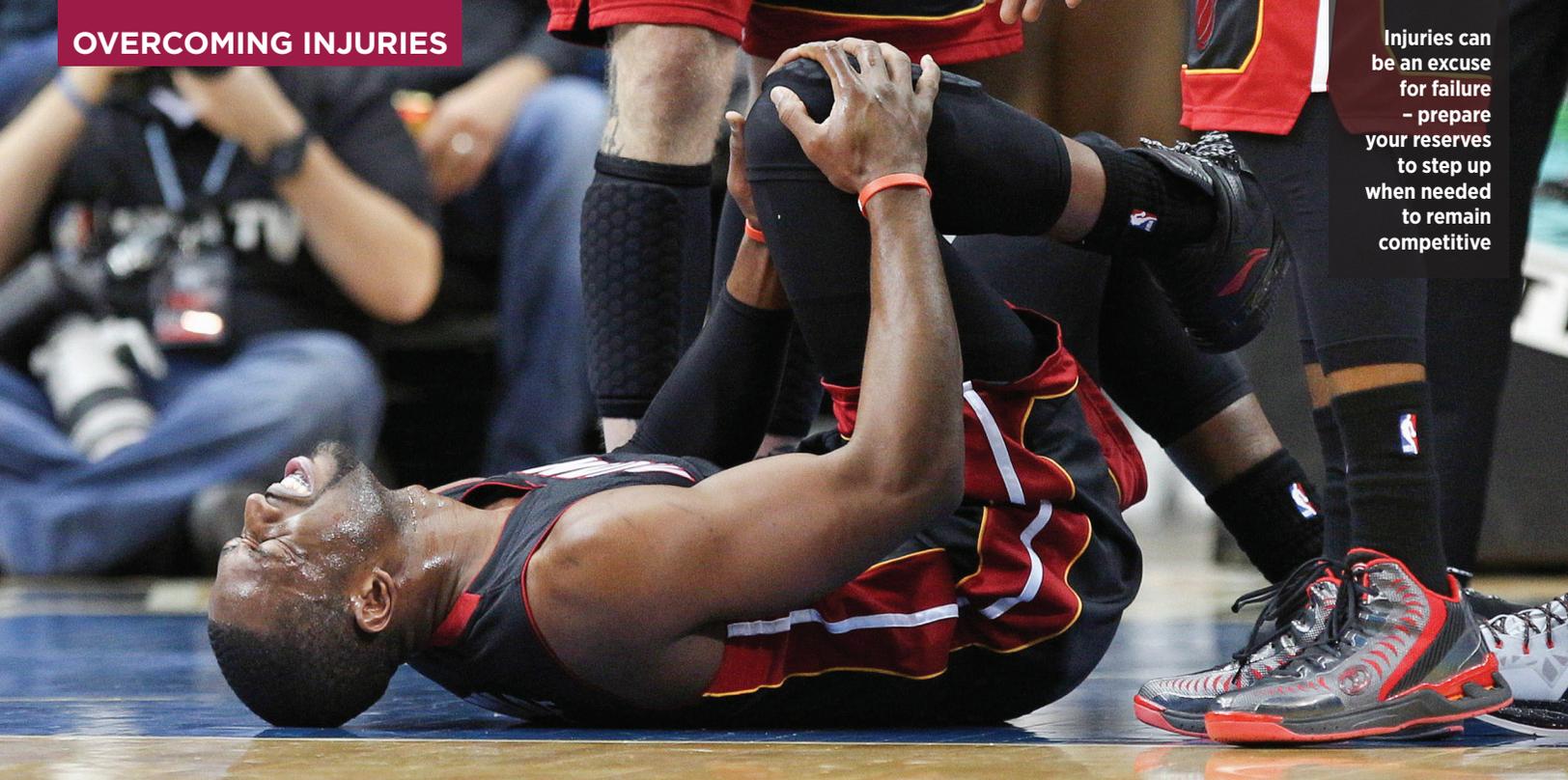
3



The inbounder has multiple passing opportunities so he keeps his eyes moving to see who comes free first

This player now is in perfect position to rebound a missed shot





# Injury Issues Change A Season

Every team is affected by hurt players to a degree but when your squad has multiple athletes go down, success comes to those with a fluid coaching philosophy

**W**e came into this season with high hopes only to watch those dreams seemingly limp off the court over and over again. Injuries have ravaged our depth chart so far but by shifting offensive and defensive philosophies, and spending more time building up (emotionally and mentally) fragile players, we're remaining successful.

As of right now, five of our eight top players have missed multiple games this season, including our point guard who is attempting to come back from offseason shoulder surgery and our wing/forward widely considered the best player in our league. All told, we've had two meniscus injuries, a torn ACL, a stress fracture and two severe ankle sprains.

To remain competitive in our league, we've shifted our offensive, defensive and confidence-building philosophies.

## OFFENSE

There is one word to describe our new

offensive philosophy: simplified. The preseason plan was to run a lot of dribble drive/quick-hitter sets but the injuries have kept our playmakers off the floor.

We have added a motion offense requiring some patience, passing and cutting to maximize our possessions and focus on getting high quality shots. By adding a lot of screens to our offense, we've placed less-talented players in a better position for success.

## DEFENSE

This has been a complete overhaul. We always have been a 32-minute-a-game press team. The injuries have stripped our depth making full-court pressure for a full game impossible.

We have added a half-court zone as well as a soft man defense to place pressure on the opponent to shoot from the outside.

Even now, as we begin to return players to our lineup, we can't use our full-court press. The injuries sustained mostly have

been to the legs, which left players out of game shape.

## CONFIDENCE

To prepare our reserves to step up, we assigned an injured player to mentor someone on the team. This kept everyone involved in the program while feeling a vested interest in the team success.

On the floor we have shifted one of our offenses only to the right side of the floor as none of our reserves are left-handed. They have a much better chance for success moving to the right.

The best thing we've done is stay positive. The players know they aren't as talented as some of the injured stars, but we needed to instill a sense of confidence in them from the coaching staff. There was one game we knew the talent gap would be too much to overcome. Our goal was to compete until the final horn. The girls bought in and it was one of our best moments of the season despite being blown out.

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