

PUSH ACTION LEFT, THEN RUN A HIGH BACKDOOR SCREEN FOR EASY SCORING OPPORTUNITY

BASKETBALL COACH

WEEKLY

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SEAN MILLER'S >
SUCCESSFUL
SETS POWER
WILDCATS



DOMINATE DEFENSES INSIDE & OUT

FOOD FOR THOUGHT

PROPER NUTRITION
DOESN'T END IN THE
OFF-SEASON

THE BEST PRACTICE DRILLS EVERY WEEK!

DEFENSE WINS TITLES!

SEE THE NUMBERS
THAT BACK UP
THE CLAIM

WHEN TO USE, HOW TO EXECUTE CHEST & ONE-HAND BASEBALL PASSES

Make Better Post-Season Party Nutrition Choices



Basketball Coach Weekly Issue 25

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Sideline Stories

The uniforms have been returned. The lockers are clear. The white board has been wiped clean. The season is over. While most teams end their season on a loss (unless, they are state champions), they also gather and have one final, positive, up-lifting event to conclude the season – the post-season party.

Too often, these parties are taking place at a pizza shop or a greasy, cheap fast-food restaurant. Trust me, I love pizza as much as anyone, and finding someplace to eat that is convenient, inexpensive and nutritious seems impossible, but it's worth an effort on your part to set the nutrition standards for the off-season.

As the team gathers to talk about the season's highs and lows, share stories and receive awards, what are players thinking when they see you shoving slice after slice of pizza down your gullet? Remember, you are the role model, even when it comes to nutrition.

"Teenagers pay more attention to their coaches' advice than they will from their parents," says Ruth Carey, SportsRD, nutrition consultant with a private practice in Tualatin, Ore. "If coaches impress the importance of good nutrition, it will be heard."

Better Locations

When looking for a post-season party location, Carey suggests Subway, Olive Garden or Chipotle. They have nutritious

choices, variety, are located in many locations and it sets the standard for where players can eat quickly (and relatively cheaply) when on their own in the off-season.

Here is what Carey says are the best choices at each restaurant:

- Subway: Whole wheat bread, turkey or chicken with veggies, milk, a salad (stay away from chips) and a cookie
- Olive Garden: Pasta marinara with bottomless salad and milk
- Chipotle: Black beans, chicken, guacamole, salsa, tortillas and veggies

Moving Forward

After setting an example at the post-season party, talk with players about their off-season nutrition. Don't feel as if you have to provide a comprehensive plan of what they eat from morning until night, but offer suggestions on how to

consume better for improved performance.

"Ask players to avoid soda and drink low-fat milk and water. I had an NBA coach tell me his son finally gave up soda because his college coach asked the team to do it," Carey reports.

Remember, we are dealing with teenagers. The lure of chips and junk food can overwhelm them.

"Just ask players to get in all their daily nutrition needs first, then splurge every once in a while," Carey concludes.

Michael Austin
Editor-in-chief

QUICK HITTER

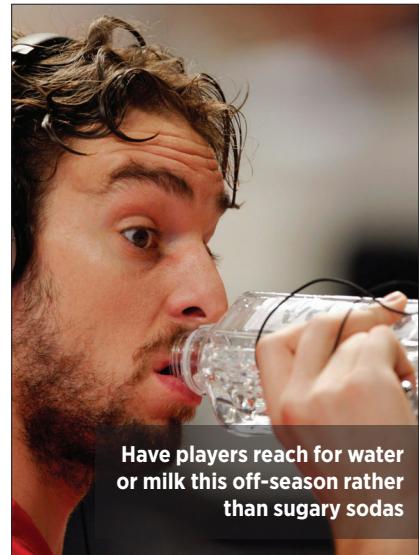
Defense Dominates

The next time you hear someone toss around the cliché, "Defense wins championships," realize they are onto something.

As February was drawing close to an end, eight of the top 10

scoring defenses (points per game allowed) possessed an Associated Press national ranking with seven (Syracuse, Florida, Arizona, San Diego State, Cincinnati, St. Louis and Virginia) residing in the Top 14.

On the flip side, only three (Iowa, Iowa State and UCLA) of the top 10 scoring offenses held an Associated Press ranking with the



Have players reach for water or milk this off-season rather than sugary sodas

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Follow Sean Miller's lead at Arizona - run a balance of sets that attack the inside while setting up perimeter shots

4 WILDCAT BACKDOOR

Flood the left side, use a high backdoor screen and unleash your leaping guard toward the basket

5 BACKSIDE SCREEN WALL 3-POINTER

After passing to the left, the shooter flares right and sets up behind a wall of screens for an open 3-point opportunity

6 PASSING SERIES, PART I

Learn the hows and whys behind the four types of pass - this installment features the chest and one-hand baseball pass

best of the bunch, Iowa, topping out at a No. 15 national ranking.

So while your players love getting up and down the court, scoring quickly and boosting their stats, maybe it's time to share with them these numbers and prove if they want to win, they need to focus on keeping the other guys from scoring.

- Michael Austin

Pound the ball inside to set up backdoor cuts and perimeter shots – it's how Arizona keeps winning this season



Balance Opens The Floor

Arizona's freshman phenom, Aaron Gordon, gets the attention but Sean Miller has built a winner this season behind a balanced attack

It's hard to ignore Aaron Gordon. He stands 6-foot-9, 225 pounds all on a freshman frame. The first-year player is averaging 11.9 points and 7.9 rebounds per game for Arizona, which has spent most of the season ranked in the top four.

But the Wildcats are much more than Gordon. Sean Miller's squad features four players averaging double-digits in scoring (it depends on the day as center Kaleb Tarczewski straddles the 10.0 line) and it's not Gordon who leads the team in points – it's junior guard Nick Johnson at 16 points per game.

Arizona does possess a size advantage over most teams it plays (even more so prior to Brandon Ashley's injury) but Miller doesn't simply have his team toss the ball into the post and get out of the way. His

sets utilize the inside strength for scoring, but also for setting up deadly perimeter shooting.

This balance has established the Wildcats as a national-title contender and a difficult tournament draw for any team hoping to make a run in March.

If your squad still is alive in its state playoffs, check out the pair of plays on the following pages. These sets are straight from Sean Miller's playbook and push the action in one direction before the ball ends on the backside for high-arcing lob pass or an open 3-pointer behind a wall of screeners.

They utilize perfect court spacing, the threat of an inside game and off-the-ball screens in creating scoring opportunities. While these plays are successful at the

highest college basketball levels, their movements are easy to follow, making them a good add to any high school team's playbook.

Miller's team used both plays in its pivotal, two-point victory over Oregon last month. The first is a backdoor lob Arizona used early with the score tied 11-11 and the second is a 3-point play run early in the second half with the Wildcats trailing by four. Coming off its first loss of the season and playing its first game without the injured Ashley, Arizona needed to figure out its offense moving forward.

Down a starting forward, Arizona figured out its strength still is in its balance – it's a good philosophy for teams at any level featuring a solid inside-outside attack.

Words by:
Michael Austin

Wildcat Backdoor

Flood the left side, use a high backdoor screen and unleash your leaping guard toward the basket for an easy scoring opportunity

WHY USE IT

Move a shooter into the corner and a forward into prime post-up position on the left side to place defensive focus away from the backside of the court.

SET UP

The backdoor-cutting guard starts with the ball at the top. The screener is positioned on the free-throw line slightly to the right.

HOW TO PLAY

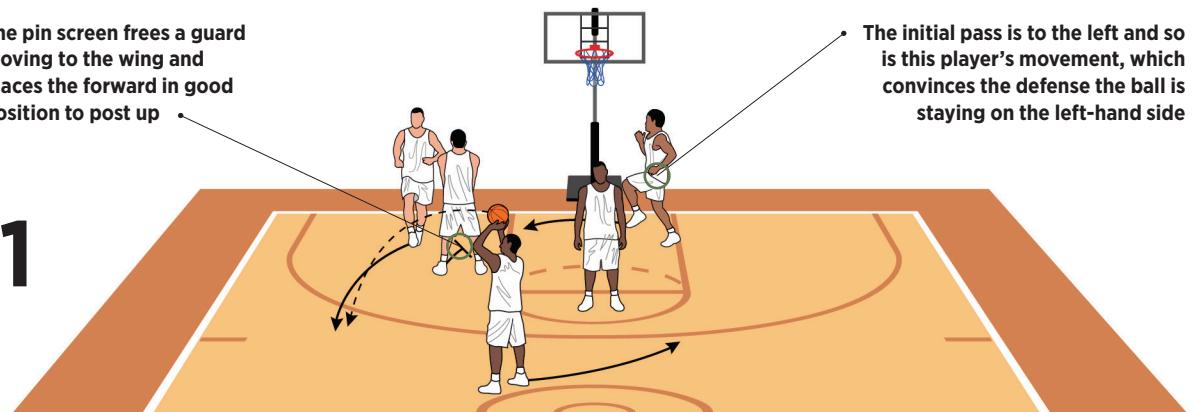
Move the action left by running the right-block player to the left corner while the forward on the left side sets a pin screen for a guard coming to the wing. The pass is made to the left wing [1]. On the pass, the forward comes out of the pin screen and establishes post-up position. The screener at the free-throw line steps high and the initial ball handler cuts off the screen [2]. The wing initially looks into the post and to the corner to keep the defense thinking left, then he lofts an alley-oop pass over the top for the easy score [3].

TECHNIQUE

Have the wing focus his eyes on the left side of the court to keep the defense honest. If the backdoor play isn't there, look to feed the post. But the first option is to toss the lob pass over the top where the defense can't get it.

The pin screen frees a guard moving to the wing and places the forward in good position to post up

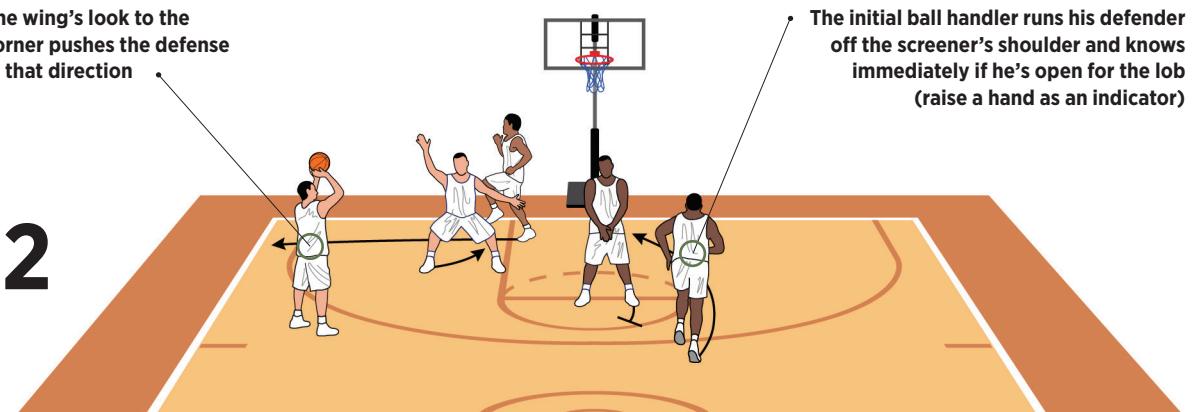
1



The initial pass is to the left and so is this player's movement, which convinces the defense the ball is staying on the left-hand side

The wing's look to the corner pushes the defense in that direction

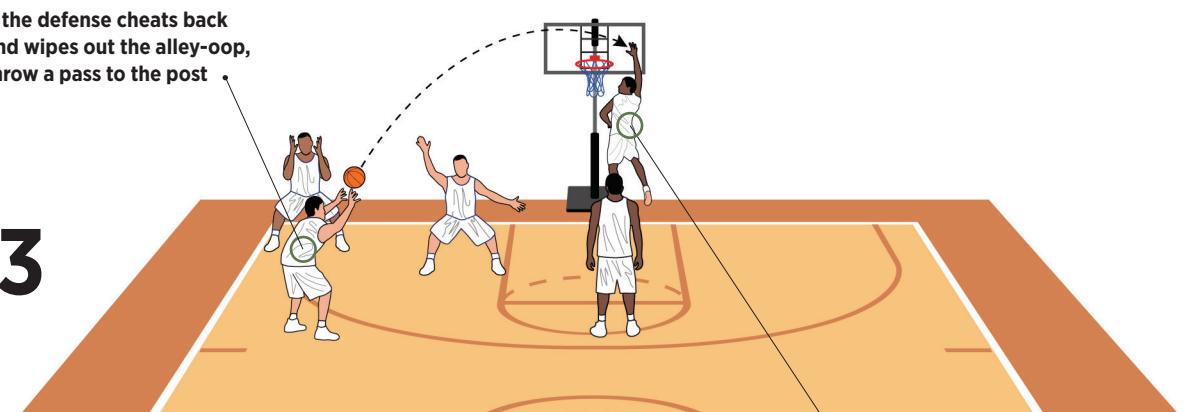
2



The initial ball handler runs his defender off the screener's shoulder and knows immediately if he's open for the lob (raise a hand as an indicator)

If the defense cheats back and wipes out the alley-oop, throw a pass to the post

3



Loft this pass over the defense so no one except your leaping guard has a shot at grabbing the ball

Player movement →

Ball movement →

Dribble →

Shot →

Backside Screen Wall 3-Pointer

The ball handler dribbles left, passes to the post, flares right and sets up behind two screens for an open 3-pointer attempt

WHY USE IT

Even if the defense gets an idea the play is moving across the court, the double-screen wall makes it nearly impossible to defend the open 3-point shooter.

SET UP

The ball starts on the right, which initially is the strong side with your shooter positioned on the left and set to receive the initial pass.

HOW TO PLAY

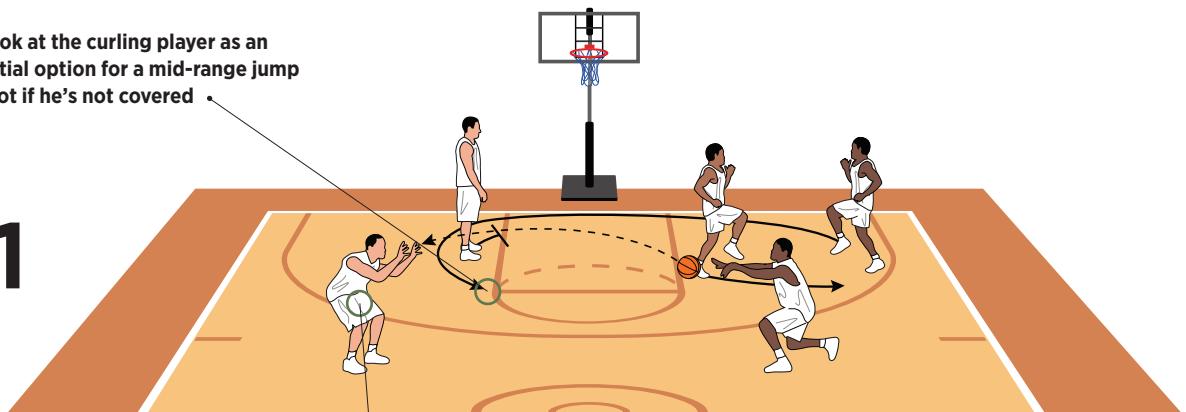
A wing-to-wing pass is made and the player located deeper on the right perimeter curls around a left-block screen to end near the left elbow [1]. The shooter dribbles left and passes to the forward who receives the pass a step away from the block and is double-teamed. The curling player relocates to the top [2]. After passing, the shooter flares to the right wing. The two right-side players downscreen toward the lane and pick off any scrambling defenders as a pass is made from the left post to the right wing. The screens act as a wall and the shooter has an open 3-point look [3].

TECHNIQUE

The play works best when you know the opponent typically double-teams the post. The big step away from the block pulls two defenders further from where the ball eventually is going.

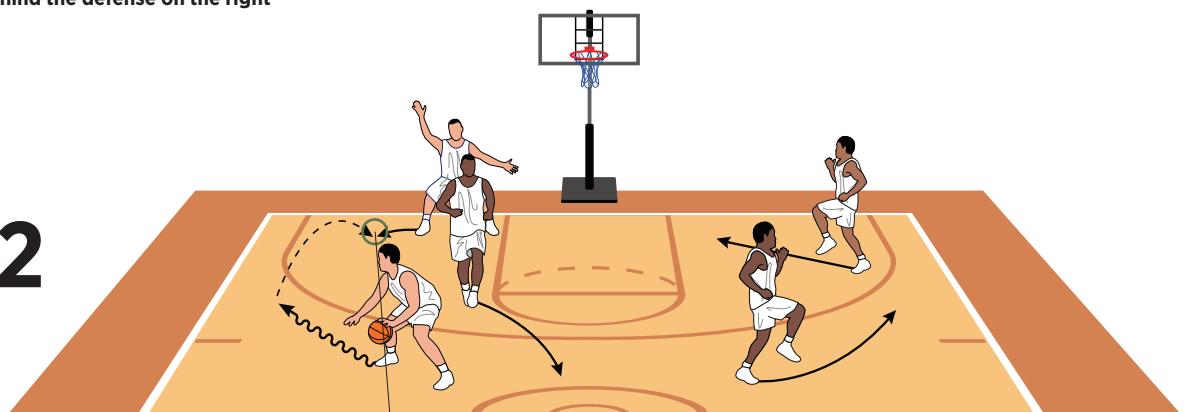
Look at the curling player as an initial option for a mid-range jump shot if he's not covered

1



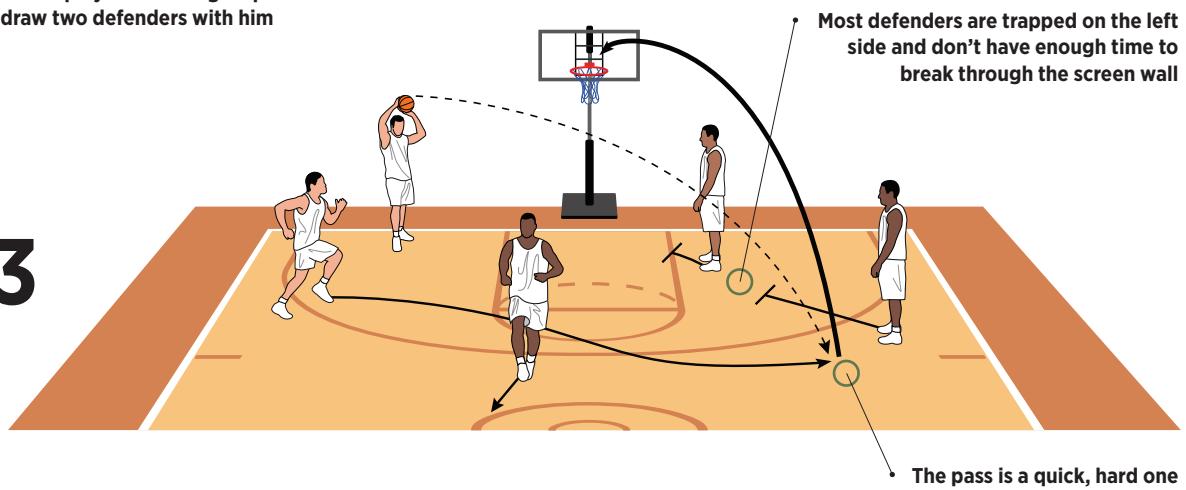
Your shooter catches the initial pass and moves the action left before relocating behind the defense on the right

2



When the defense double-teams the post, have this player take a big step off the block to draw two defenders with him

3



Player movement →

Ball movement →

Dribble →

Shot →



The chest bounce pass is thrown to a spot on the floor about two-thirds of the way to the intended target

Execute The 4 Types Of Pass

Use this two-part series to teach players how the situation defines the type of pass used to increase efficiency when throwing the ball from one person to the next

Pass first and dribble last is an important habit to develop. To do this with the ball, players must learn to catch and see the whole floor facing their offensive basket each time they catch the ball. This depends on immediately placing the ball in the triple-threat position (shoot, pass or drive) and having your players use pivots to face the basket and see the whole floor.

There are four types of passes your players must know how to execute and when to throw them. While this seems like a topic strictly for youth teams, you'd be surprised at how many high-school-level players don't understand these concepts.

We'll tackle the first two passes today and the other two (overhead pass and one-hand push/flick pass) next week.

1. CHEST PASS. This is the best open-court, perimeter pass used when the passer is guarded loosely and longer passing distances are needed on the defense's perimeter. Use a chest pass in two forms (air and bounce).

To Execute: Both arms are extended on the pass ending by turning to a thumbs-down/palms-out hand position. The chest air pass is thrown to an open target provided by the catcher. The chest bounce pass is thrown to a spot target on the floor about two-thirds of the way to the receiver so it comes up to the catcher toward the spot target above the waist.

Point Of Emphasis: To assist with the ball coming up from the floor higher (and easier to catch), emphasize the "thumbs-up-to-thumbs-down" technique. Pushing

the thumbs through the ball produces backspin, which makes a higher bounce on the ball and easier to catch. Use a power step with the pass whenever possible.

2. ONE-HAND BASEBALL PASS. Use this pass over defenders and at least covering half the court distance.

To Execute: Place two hands on the ball and bring it near the ear. The starting position typically is facing the sideline and is similar to that of a baseball or softball catcher. On the pass thrown from the ear, use a power (front foot) step with the foot closest to the catcher and keep the front hand ready to stop the pass if necessary (throw into the front hand).

Point Of Emphasis: The throwing hand's follow-through produces a palm-out/thumb-down finish.

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