

POST DOUBLE PASS OUT DRILL STRESSES BACK-TO-BASKET PLAY

BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

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**ESTABLISH
POST POSITION
& DOMINATE
THE INTERIOR**

**4
STEPS**
TO INSTILL
SHOOTERS'
CONFIDENCE

**DEBATING
THE MERITS
OF A
MERCY
RULE**

< **PAU GASOL**
CONTINUES TO
DOMINANT NBA
LOW POSTS

**TIGHT
PINDOWN
SERIES**
TEACHES QUICK
REACTIONS

**BRINGING YOU
THE VERY BEST
COACHING TIPS
EVERY WEEK!**

PASSING SERIES PART II: MASTER THE PUSH & OVERHEAD PASSES



4 Ways To Get More From The Tourney



Basketball Coach Weekly Issue 26

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Sideline Stories

It's here. It's finally here. For true basketball fans, it really is the most wonderful time of the year. The NCAA Tournament tips off today (technically it was two days ago but the excitement begins right now) and I can't think of a better way to spend a Thursday than watching 12 to 14 hours of college hoops.

Of course, you and I watch the games differently than the average fan. All of us love buzzer beaters, but those of us in the coaching business are the ones rewinding our DVRs, checking out the off-the-ball screens, the basket cuts and which defender was caught out of position during the deciding basket.

Here are a few pointers for proactively watching the bounty of games today through Sunday.

1. Set The DVR. The recent trend of showing every game from beginning to end across the four channels carrying the tournament is brilliant. You can watch your favorite team while recording another game overlapping it on a different channel. Build up your DVR full of games featuring coaches from which you most want to learn.

2. Pen & Paper (Or Tablet). When watching the games, I have a yellow paper pad and pen with me at all times. If I see a well constructed inbound play, I scratch it into my notes immediately

before forgetting the details. Today's coach also may have the tablet handy for accomplishing the same goal ... while watching another game simultaneously.

3. Special Situations. You aren't going to learn the ins and outs of Rick Pitino's multi-layered pressure defense simply by watching his team's first game against a low seed. But, you can see what types of defenses he uses coming out of timeouts, the type of plays he calls as time is winding down and the way he manages player rotations if foul trouble occurs.

4. Teaching Tool. Jot down the time and game of a situation you want to use for future reference. Put together a clip reel of some of the best plays you've seen run during the tournament and share

them with your players. This type of real-life Xs and Os resonates as players see the best teams in the country executing

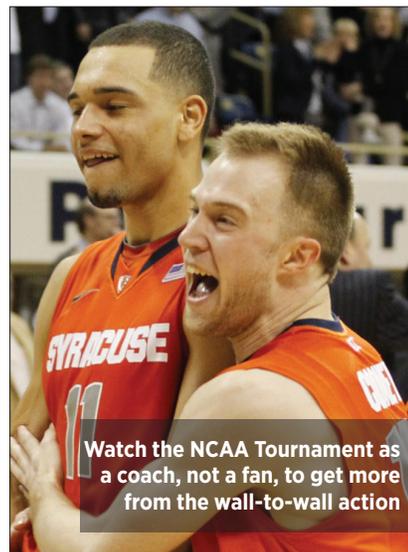
the play and scoring. Call out five players' names and have them consider their responsibilities if on the court in the same situation.

I'll be doing all of these things and more in the coming days. Don't worry – if you miss breaking down a game winner or need a couple sets from the national champion – you can expect to see it here in the weeks following the excitement.



Michael Austin
Michael Austin
Editor-in-chief

“Put together a clip reel of some of the best plays you’ve seen run during the tournament and share them with your players.”



Watch the NCAA Tournament as a coach, not a fan, to get more from the wall-to-wall action

In this issue...

3 CONTROL THE BLOCK
When your post players are moving, scoring opportunities become more plentiful - Pau Gasol has built a career upon it

4 TIGHT PINDOWN SERIES
Forwards and centers don't have to anchor themselves on the block, get them moving toward the elbow and set up mid-range jumpers

5 POST DOUBLE PASS OUT
Defenses love doubling the post, your forwards and centers need to recognize a double, pass out of it and reestablish position on the opposite block

6 PASSING SERIES PART II
The final part of our passing series focuses on executing and understanding the details of the push and overhead passes

QUICK HITTER

4 Steps To Improve Confidence

By: Hal Wissel, **Basketball Steps To Success (Third Edition)**

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1. Realize the basket is big. It is so large that over three and a half balls can fit in the rim. This surprises most players.

You can get on a ladder and fit three balls side by side over the rim and still have enough space to fit and turn your hand between each ball.

2. Keep your follow-through straight up until the ball reaches the rim.

Not only is this mechanically correct, but more important, you will look and act like a shooter.

3. You want to believe each time you shooter, the ball will go in. After a

missed shot, mentally correct the miss and visualize a good shot. Repeat positive affirmation statements (“I’m a shooter” or “All net”).

4. Being able to shoot under pressure distinguishes great shooters from good shooters. You want to take the shot not only when your team is ahead, but also when the pressure is on. There is a direct correlation between shooting confidence and shooting success.

Pau Gasol always catches the ball in perfect post position while keeping his defender at bay



Control The Block

Get your post players moving across the lane, as well as to the elbow, which keeps defenders on their backs and places them in better positions to score

Pau Gasol and Mike D'Antoni haven't seen eye-to-eye since the coach's arrival in Los Angeles last year.

Gasol, one of the best post players in the NBA, insists he belongs on the block more often. D'Antoni has been using him higher in sets and says the numbers don't back up anchoring Gasol in the post anymore.

It's hard to say who's correct but when Gasol was in his prime a few years ago and playing under Phil Jackson, he was unstoppable down low. You've seen him do it hundreds of times – he'd flash across the lane from right to left with the defender trailing. Sticking his right hand high, an entry pass would be made, Gasol would fake a baseline move, drop step toward the middle, take a dribble and

knock down a running hook shot.

Even now with Gasol higher in sets, he has the ability to read defenders and knock down mid-range jump shots, making him difficult to guard inside or out.

Presented on the next couple pages are a pair of post drills designed to get your big players moving, establishing position and scoring from different angles.

Provided by Drew Hanlen, an NBA Strategic Skills Coach and owner of **Pure Sweat Basketball**, these drills get the ball in the hands of your post with his or her back to the basket. The first is called the Tight Pindown Series in which your post curls high tightly around a cone placed on the block symbolizing a pindown screen. The player catches the ball at the

elbow and executes a specific move for the situation (you say if the imaginary defender is trailing, playing tightly, etc.)

The second is the Post Double Pass Drill. It starts with an entry pass into the post and 1-on-1 action until a second defender comes into play. Once doubled, the post player skips a diagonal cross-court pass, flashes across the lane, keeps the defender on his or her backside and reestablishes position on the opposite block. Once that entry pass is made, the drill concludes with 1-on-1 play (no double team).

Post players sometimes need just a couple inches of space to gain enough separation. These drills show how to do just that and work on scoring from various spots on the court as well.

Words by:
Michael Austin

Tight Pindown Series

Move your post to the elbow and create many mid-range shooting opportunities - run through this drill series to get the needed repetitions

WHY USE IT

An active post player places more pressure on a defense rather than one who simply sits on the block.

SET UP

Place a cone at the block on each side of the lane. This symbolizes a pindown screen. The post player begins under the basket. A passer is stationed at the top.

HOW TO PLAY

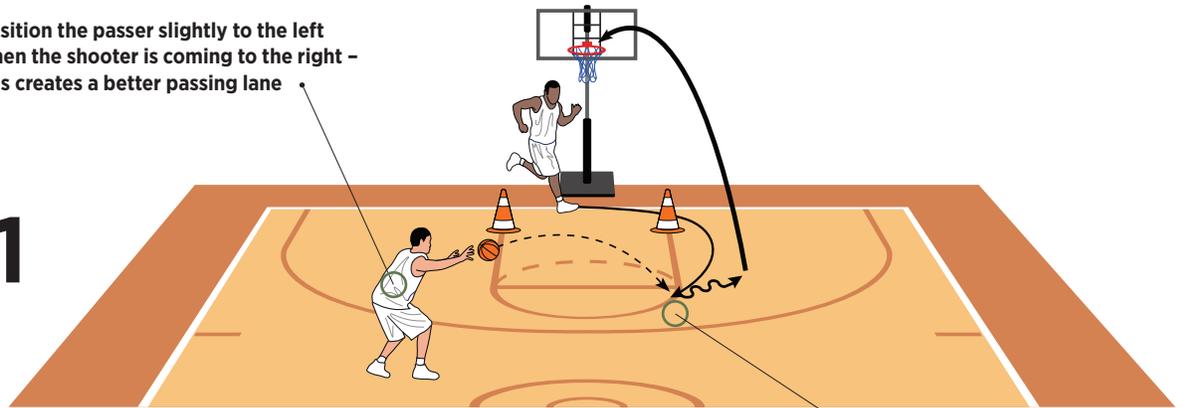
The player runs tight around the pindown and curls to the elbow. Simulate the defender is trailing but with not enough separation for a clean shot. On the catch, the player makes a shot fake, rips through and shoots a one-dribble pull-up jumper [1]. The shooter then runs to the starting point, curls around the pindown, receives the pass and simulates the defender is close enough to recover and contest a one-dribble pull-up shot. So, he sells a drive then steps back for an uncontested shot [2]. This time, simulate the defender is through the screen. Catch the ball, reverse wheel (pivot on the outside foot) and throw the ball out to gain separation before shooting a one-dribble, pull-up jumper [3].

TECHNIQUE

Run the drill by repeating these reads for two minutes. Make a goal of 12 made shots.

Position the passer slightly to the left when the shooter is coming to the right - this creates a better passing lane

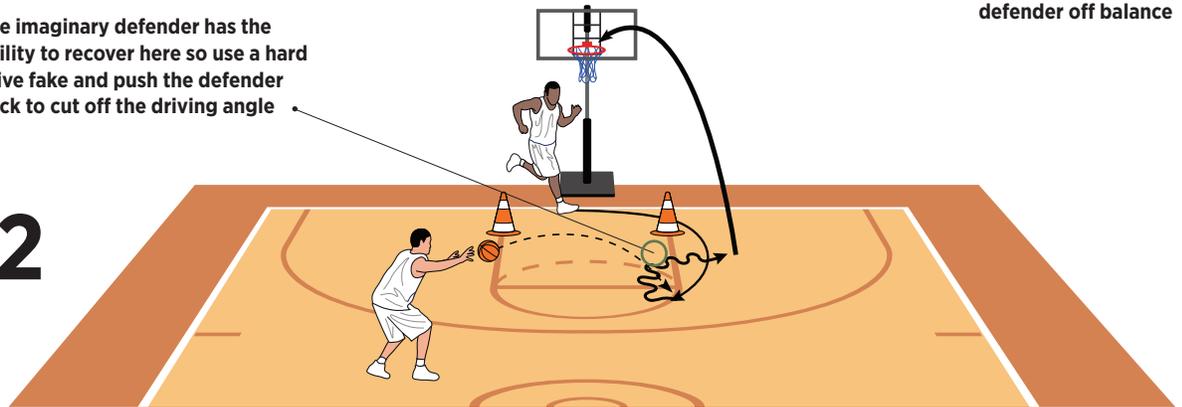
1



The shooter has ready hands, rips through and makes a shot fake to get the would-be game defender off balance

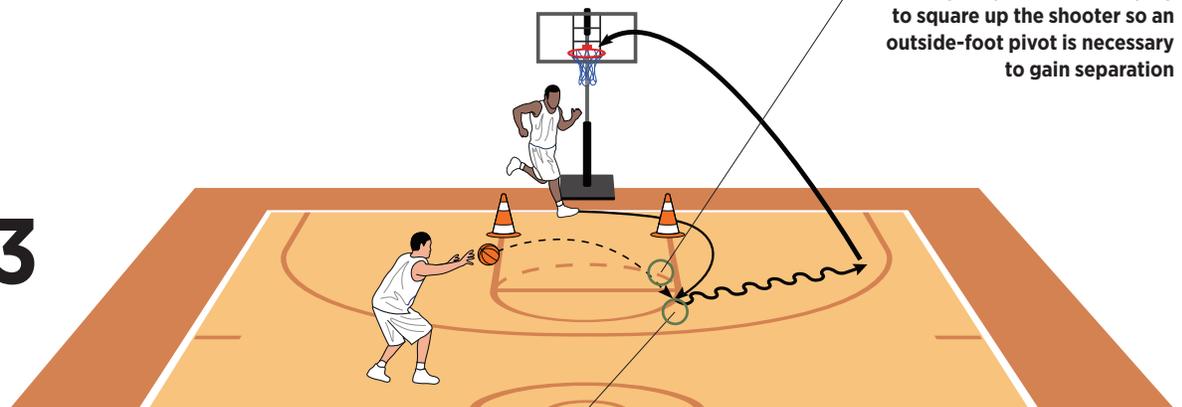
The imaginary defender has the ability to recover here so use a hard drive fake and push the defender back to cut off the driving angle

2



The imaginary defender is trying to square up the shooter so an outside-foot pivot is necessary to gain separation

3



Not described in the text - use the Jordan pivot as a fourth read by spinning on the inside foot toward the outside, then throw the ball out to gain separation before a one-dribble, pull-up jumper

Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →

Post Double Pass Out

When your post is double-teamed, he needs to look to the opposite wing ... but his responsibilities don't end after making the pass

WHY USE IT

Post players need to recognize double-teams, pass cross-court and reposition on the new ball-side for a back-to-the-basket scoring opportunity.

SET UP

One coach is on the weak-side wing. Another has a ball on the strong wing and is pressured by a defender. There also is an offensive and defensive player on the block.

HOW TO PLAY

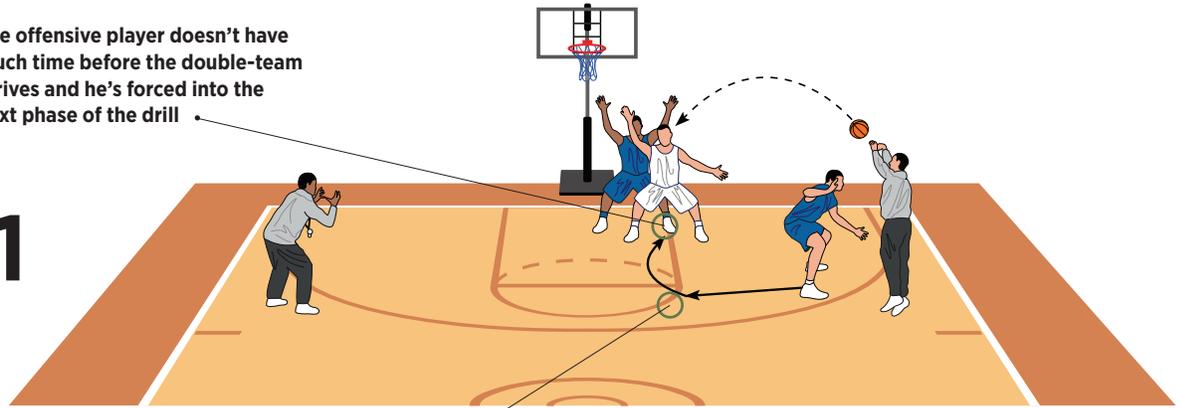
The coach makes a post entry and the coach's defender sprints to touch the elbow, then double-teams the ball. The offensive player tries to attack the basket before the double-team comes but if unsuccessful then the drill moves to the next phase [1]. The offensive player retreats out of the double-team and skips a cross-court pass to the weak-side coach [2]. On the skip, the doubling defender steps off and the offensive post fights across the lane and reestablishes position on the opposite block. The coach passes to the post and the players go live 1-on-1 [3].

TECHNIQUE

Score and stay on offense, and the defenders switch. If the defender gets a stop, he moves to offense and the doubling defender becomes the post defender. First to make 5 shots wins.

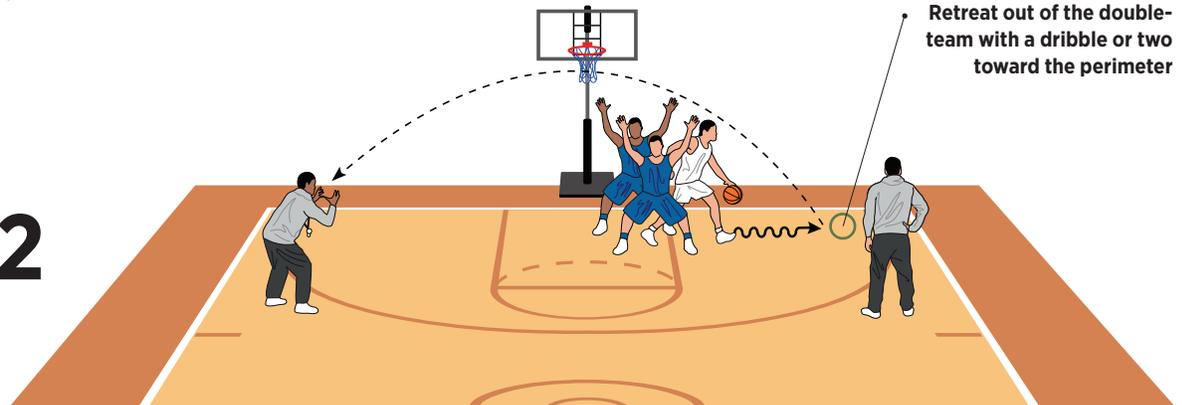
The offensive player doesn't have much time before the double-team arrives and he's forced into the next phase of the drill

1



The doubling defender first runs to the elbow, which provides the offensive player time to attack the basket 1-on-1

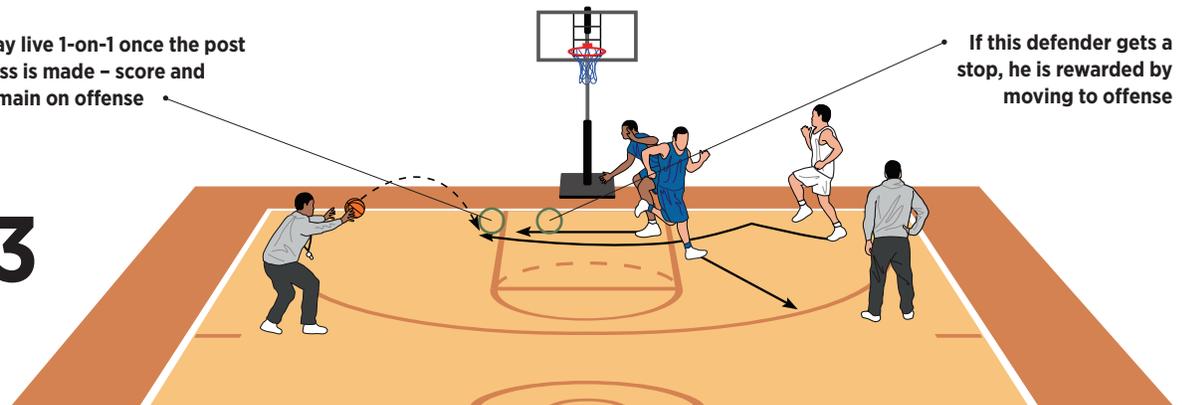
2



Retreat out of the double-team with a dribble or two toward the perimeter

Play live 1-on-1 once the post pass is made - score and remain on offense

3



If this defender gets a stop, he is rewarded by moving to offense

Player movement → Ball movement - - - → Dribble ~~~~~ → Shot →

When the defender's arms are high, use a bounce pass underneath them



Properly Throw The Overhead & Push Passes

The second in our two-part series on the four types of pass, find out the perfect pass to beat a tight defender as well as the pass to use over defenders

Last week we broke down the ins and outs of the chest pass and the one-hand baseball pass. This week the focus shifts to how, why and when to use the one-hand push/flick pass and the overhead pass.

1. One-Hand Push/Flick Pass. This is the most critical pass in a player's toolbox and is best used for passing around or by a closely guarding defender. It's also the best pass to feed a post and may be used as an air or bounce pass.

To Execute: This is a one-hand pass starting from a triple-threat position with 15 to 18 feet of passing space being ideal.

Point Of Emphasis: There are four instances when throwing a push pass – two come from the passer's preferred side (the passer's strong side) and two from the non-preferred side.

- Preferred Side, Air Pass. If the defender's arm position is down, then push the pass by the defender's ear. This is the quickest choice from the triple-threat position.

- Preferred Side, Bounce Pass. If the defender's arm is up, bounce the pass under the defender's arm. Use a fake up, then pass down.

- Non-Preferred Side, Air Pass. If the defender overplays the passer's strong side, bring the ball quickly to the opposite shoulder in triple-threat position (circle tight and put the opposite hand behind the ball) and pass the defender.

- Non-Preferred Side, Bounce Pass. If the defender overplays the passer's strong side with arms up, move the ball across the body to the weak-side hand. Circle tight and use a bounce pass.

The "circle tight" ball move across

the body from shoulder to shoulder is preferred for balance and quickness. Some coaches prefer the high sweep or low sweep to change sides with the ball, which we consider to be slower and not as good for maintaining the balanced triple-threat position. The follow-through of the passing hand is exaggerated like a shooting motion to a palm out/thumbs down hand position.

2. Overhead Pass. Use to pass quickly over the top of defenders.

To Execute: Start in a triple-threat position, move the ball quickly overhead (with arms fully extended and thumbs back). Use a power step and a quick, two-handed movement on the pass.

Point Of Emphasis: The thumbs move from behind the ball to a thumbs-forward/down position on the pass.

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