

BASKETBALL COACH WEEKLY

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ATTACK THE RIM

RACE PAST THE OPPOSITION

BLAKE GRIFFIN >
DEVELOPS SKILLS TO SCORE NEAR THE RIM

GO 'OVER THE TOP'

WHEN ONLY PRECIOUS SECONDS REMAIN

THE BEST PRACTICE DRILLS EVERY WEEK!

PLUS: 4 BOUNCE-BACK STEPS AFTER BEING FIRED

Rebound After Firing



Basketball Coach Weekly Issue 29

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Sideline Stories

Getting fired is demoralizing. Almost all of us have been there. In the coaching ranks, it's a way of life.

"There's two kinds of coaches, them that's fired and them that's gonna be fired," is one of the many colorful quotes from the late former Houston Oilers head coach, Bum Phillips.

And while it's not an uplifting coaching quote, there is some truth to it. At the high school level, winning isn't as emphasized as much in comparison with college or pros, but all it takes is one down season, one athletic director you don't see eye-to-eye with or even one parent complaint ... and you are out of a job.

If that day comes, remember these four points to help you get back on the sidelines more quickly.

- 1. Don't Burn Bridges.** You want to fight back. You want to defend yourself and you want to emphasize any piece of information to hurt the party across the desk from you during the firing process. Don't do it. Administrators talk. Your livelihood and reputation are on the line. Bite your tongue and get your revenge by succeeding in your next coaching gig.
- 2. Ask About Areas Of Improvement.** If the firing isn't out of the blue, and you've had a chance to process the

situation prior to being let go, ask the administrator about areas where you can improve. None of us are perfect. While we believe we always are doing the right things, a fresh set of eyes can provide a different perspective.

3. Use Social Media, Talk To Peers. If you want to have a brief pity party after being let go – do it. Get it out of your system. Then, regroup and take to social media – most importantly, LinkedIn. Update your profile. Actively search out connections. Do more networking. Market yourself. These are the same things you want to do offline as well.

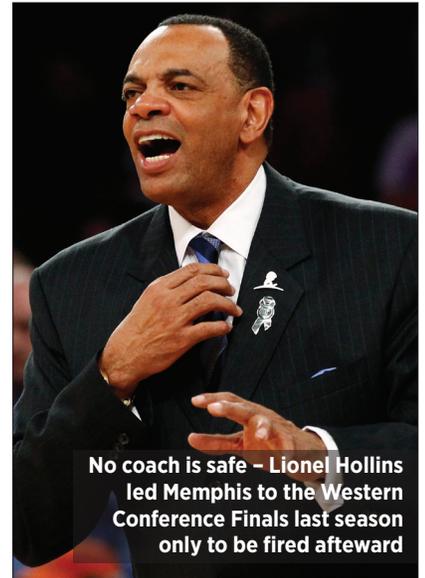
Make calls to coaching friends. Volunteer at area summer camps. Keep your name out there. You never know whose friend of an

associate has an open coaching position.

4. Be Honest. When you do score a coaching interview, be honest about your previous situation. If the interviewer asks, tell them the official reason why you were fired. Take some responsibility. The interviewer doesn't want to hear your diatribe about how you perceive your previous employer as inept. As you take responsibility, don't harp on it. Make the new interview about your strengths, your vision and how you plan to succeed.



Michael Austin
Michael Austin
Editor-in-chief



No coach is safe – Lionel Hollins led Memphis to the Western Conference Finals last season only to be fired afterward

In this issue...

3 RIM RUNNERS OPEN YOUR OFFENSE

Run up-tempo transition-offense drills to show your posts how easy it is to score when they hustle the floor length

4 6-TRIP SHELL PARTS 1-3

The first half of this exhaustive, full-court transition drill includes shots at the rim for your small forward and shooting guard

5 6-TRIP SHELL PARTS 4-6

Score mid-range jumpers, layups and add defenders in the final phases of this full-court drill

6 MICHIGAN GOES OVER THE TOP FOR WIN

Run this sideline out-of-bounds play from Michigan's playbook when just a few seconds remain and you need a bucket to win

QUICK HITTER

Build Character First

I was listening to former NBA player Fred Jones give a radio interview last month to Portland AM-750's John Canzano. In it he said he may want to coach someday but not at the professional level.

"NBA players don't want coaching

and I know that. Definitely college. I want to be there every day. I want to grow boys into men. I want them around my family. I want that whole college experience to help guys pursue their dreams and turn them into grown men."

His quote reminded me why people get into coaching in the first place. And, based on how much I've read about the greatest

ever – John Wooden – why the successful concentrate on building character among players first, then break down the Xs and Os.

Now that your season is over, think about your success not only in terms of wins and losses, but if you had a meaningful impact on your players' lives. If not, that's a great place to start when building your offseason plan. – Michael Austin

Blake Griffin out-hustles the competition in transition situations, which leads to easy buckets



Rim Runners Open Your Offense

Run up-tempo transition-offense drills to show your forwards and centers the easy scoring opportunities available when hustling the floor length

The L.A. Clippers have established themselves as a legit title contender from the Western Conference this season by scoring points. A lot of points. In fact, as of this writing, the Clips score 107.8 points per game, which is good for tops in the NBA.

While hundreds of factors, large and small, go into those 107.8 points, there is one coaches easily can see – scoring in transition. Blake Griffin and DeAndre Jordan are mainstays in nighttime highlight reels with their rim-rocking dunks, but those thunderous scores aren't possible without all-out hustle.

Griffin and Jordan are considered “rim runners” – big players who sprint the floor length and are rewarded with easy scoring

opportunities near the rim. Sure, your players don't have the talent to recreate “Lob City” in your gymnasium, but spend a couple minutes on Google finding **videos of Griffin in transition**. Show them to your players so they see how much space there is around a hustling post player. More space means easier scoring chances.

But, transition scores aren't just for hustling rim runners. Encourage guards to fill wing lanes and even for your point guard to continue hustling after making an advancing pass – beat the defense down the floor and score.

On the next two pages you'll find the 6-Trip Shell Drill. Graham Wilson, former Euroleague coach, provided the six-part drill and explained the logic behind it.

“Most coaches use the Shell Drill for half-court defense. I found having a structure like this is great for drilling fast break basics, other fast break options, secondary breaks and building 5-on-0 to 5-on-5.”

Graham Wilson has released his book entitled “Semi-Pro-Am.” It is the untold true story of a basketball reality where NBA All-Stars match up with Footlocker Employees, FIBA world champions face high school wannabes and where the salary of one team's 12th man equals that of this team's entire roster. Fifteen men battle the opposition, each other and themselves to succeed against everyone from the sport's bottom feeders and those who feast at its highest table. More info is located **here** and **here**.

Words by:
Michael Austin
Activities by:
Graham Wilson, former coach, Euroleague, British Basketball League, author of “Semi-Pro-Am”

6-Trip Shell Parts 1-3

Push the ball into the front court and get shots at the rim for your small forward and shooting guard during the drill's first half

WHY USE IT

This is one of the best ways to simulate the game speed needed to excel when pushing the ball up the floor.

SET UP

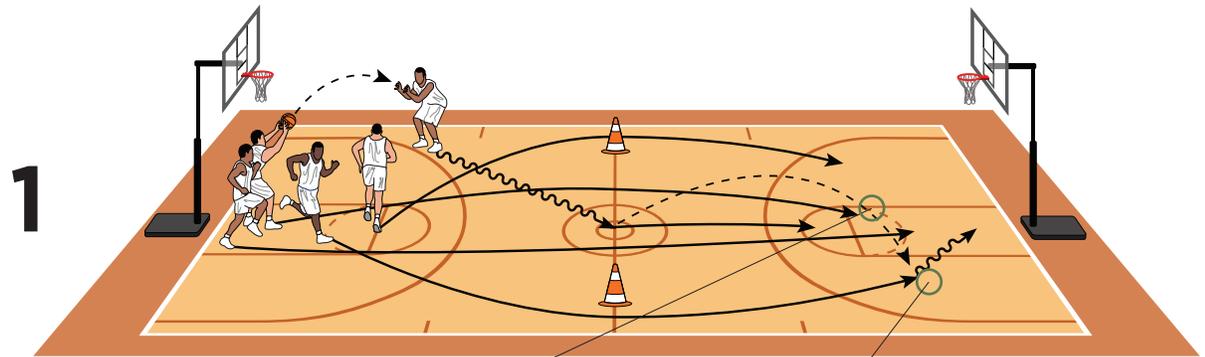
Your two post players are in the lane. The point guard is stationed on a wing. Place cones at mid-court on opposite sides so players get used to spacing wide in transition offense.

HOW TO PLAY

The center grabs the miss and outlets. The shooting guard and small forward run to the outside of the cones and fill lanes in the front court. The point guard dribbles to the middle and passes to the small forward, who dribbles hard and scores a layup as the two posts trail in position to rebound [1]. The two wing players cross under the hoop and fill opposite lanes again. The point guard passes to the shooting guard, who dribbles hard and shoots a layup [2]. The motions coming back from left to right are the same except when the small forward catches the pass, he then passes to the cutting center for a layup [3].

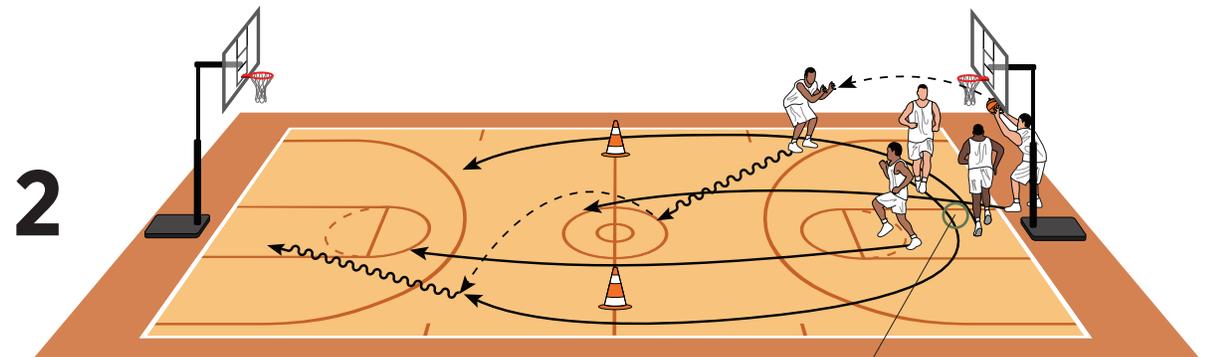
TECHNIQUE

Your posts are the "rim runners" and need to sprint the length of the court to be in position for scoring or rebounding opportunities.



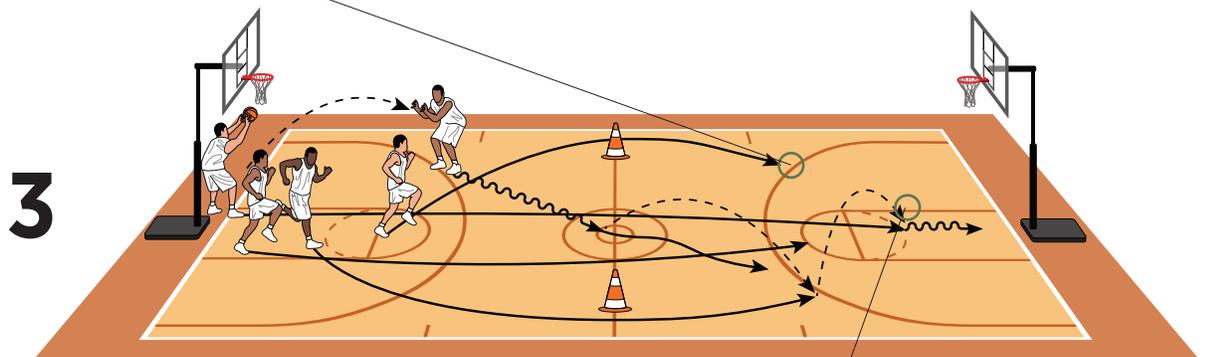
1 The rim runners (two post players) push hard the length of the floor so they are in position for an easy offensive-rebound-putback opportunity - many times your break depends upon these players hustling

The small forward takes just one or two dribbles and attacks the rim to simulate a game situation



2 The wings space just to the perimeter in this instance rather than all the way to the hoop

The wings cross under the hoop to get them running a bit more and force them to hustle into position



3 Reward the hustling rim runner with a crisp wing pass, which creates an easy layup opportunity

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

6-Trip Shell Parts 4-6

The drill continues with the point guard shooting a mid-range jumper, the rim runner laying in the ball and adding defenders in the final phase

WHY USE IT

Players must dig deep to complete all six phases of this drill – this mirrors a back-and-forth game situation.

SET UP

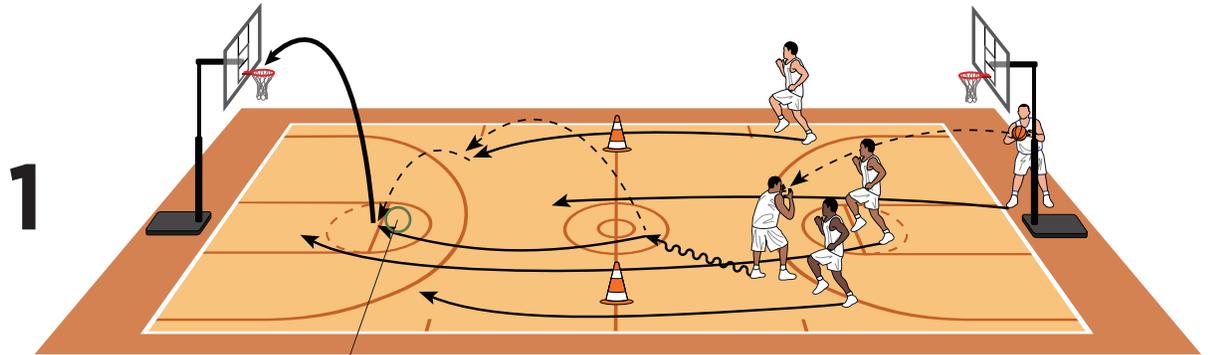
After running through the first three trips, the ball is in your center's hands on the right side of the floor.

HOW TO PLAY

The point passes to the shooting guard on the right wing. After the pass, the point hustles into the front court, receives a pass back and shoots the mid-range jumper [1]. The trailing rim runner grabs the ball and passes quickly to the point, who pushes ahead slightly to the right side and passes to the small forward on the wing. The power forward clears to the strong-side block. The inbouncer hustles the floor length, receives the wing pass and scores at the rim [2]. The non-shooting rim runner inbounds the ball and now the offense is facing three front-court defenders. Two more defenders enter the fray when the ball crosses mid-court. The point (or coach) calls out one of the first five options to utilize.

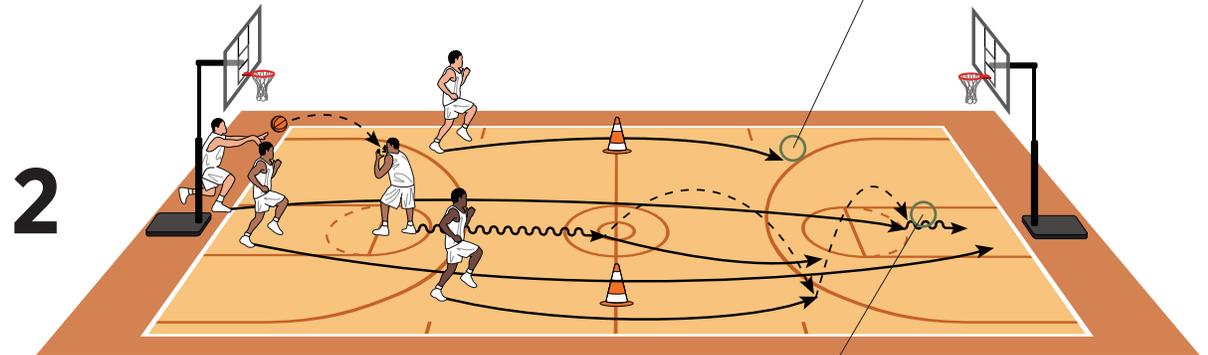
TECHNIQUE

The point guard has to make a quick decision based on the positioning of the defense with the knowledge two more defenders are pursuing.



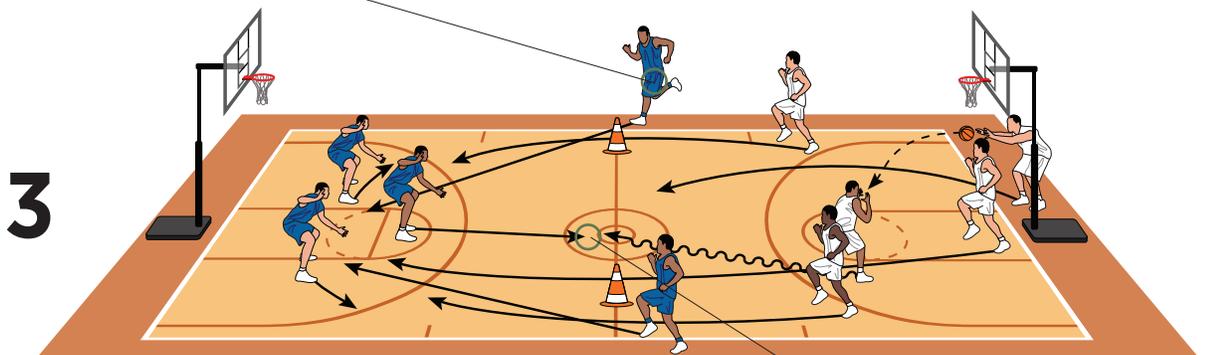
1 There is a lot of space for the point guard to cover after making the pass – continue to stress hustle from all players

The wings remain on their respective court sides for the fourth through sixth trips, which keeps congestion to a minimum



2 The off-court defenders only enter play after the ball crosses mid-court

By this point your center is exhausted but don't allow anything less than full effort so he's in position to catch, dribble and score at the rim



3 The point guard calls out which of the previous five options to run before the defenders are set

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



Michigan Goes Over The Top For Win

With 2.9 seconds remaining, the Wolverines took a chance on a cross-court pass, which worked to perfection en route to a last-season victory over Purdue

WHY USE IT

This set gets the ball in the hands of your playmaker and gives him an opportunity to take a dribble, score and win the game.

SET UP

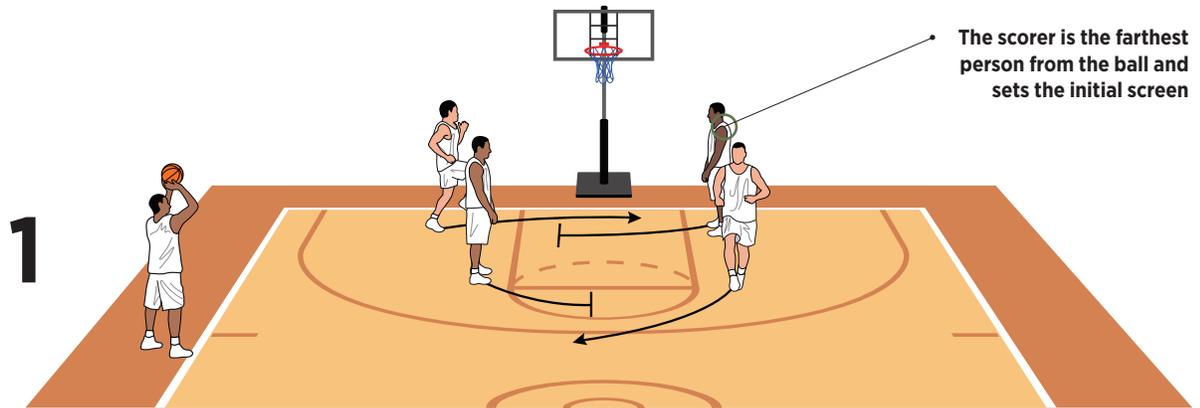
From a standard sideline-out-of-bounds-box set, your scorer is on the weak-side block.

HOW TO PLAY

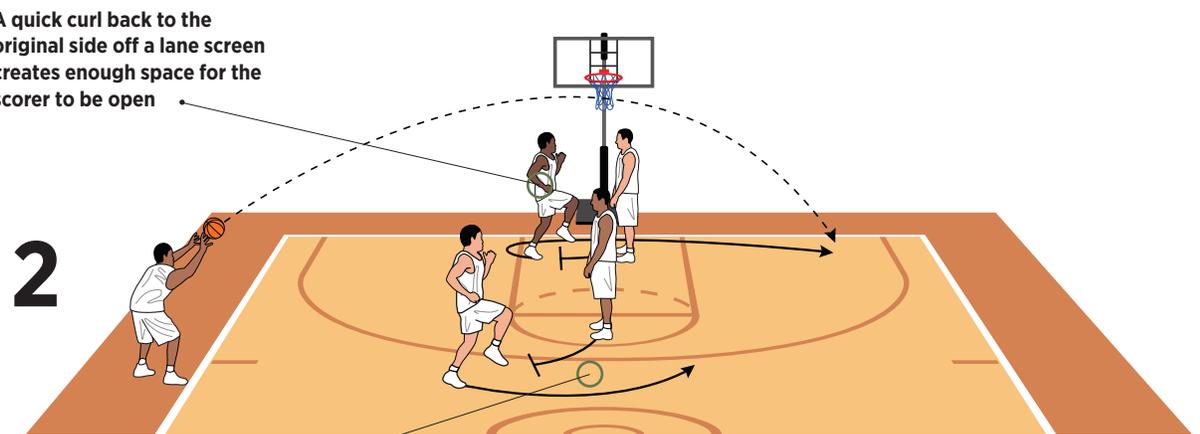
The scorer screens across for the strong-side-block player as the strong-side elbow sets a high screen for the weak-side elbow [1]. The scorer then curls around an in-lane screen and ends in the weak-side short corner. The top screener sets another pick to try and free the high guard in case the first option isn't available. The pass is made across the court over the defense and into the arms of the open shooter. The defense has time to recover due to the length of the pass but the scorer has just enough space to take a dribble, shoot the ball off the glass and win the game [3].

TECHNIQUE

The top guard fights to get open and eventually curls behind the scorer in case the defense collapses in time. The scorer, if covered, can kick out a pass to the perimeter for an open 3-pointer, which makes for two scoring options at the buzzer.

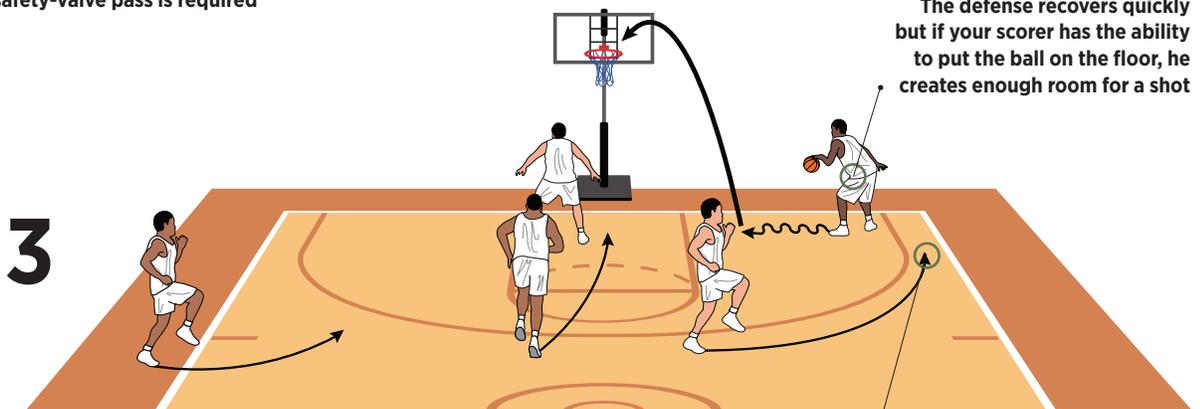


The scorer is the farthest person from the ball and sets the initial screen



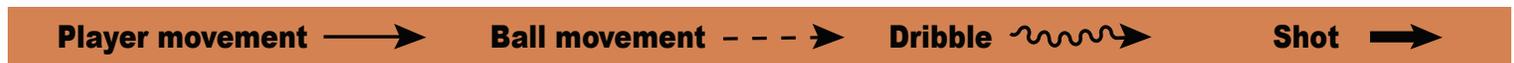
A quick curl back to the original side off a lane screen creates enough space for the scorer to be open

Top action is needed in case the scorer isn't open and a safety-valve pass is required



The defense recovers quickly but if your scorer has the ability to put the ball on the floor, he creates enough room for a shot

Have this player curl behind the action if the first option is covered so a kick-out pass is possible



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