

PARLAY YOUR COACHING STATUS INTO BECOMING A COMMUNITY DIFFERENCE-MAKER

BASKETBALL COACH WEEKLY

TY LAWSON >
LEFT-HAND
PROWESS
LEADS TO
INCREASED
ASSISTS

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DESTROY DEFENSES

BY PLAYING WITH TWO
'STRONG' HANDS

**WISCONSIN
FLARE**
EXPLOITS
PERIMETER
ADVANTAGES

CREATE BETTER PASSING LINES

BY PASSING WITH
BOTH HANDS

SEE THE
STATS BEHIND
REBOUNDING
& WINNING TEAMS

**THE BEST
COACHING TIPS
EVERY WEEK!**

THERE IS NO PLACE FOR STRONG HAND IN WEAK-HAND DRIBBLING DRILLS

Be A Difference Maker



Basketball Coach Weekly Issue 30

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Sideline Stories

Money is not the driving factor ... unless you consider a small stipend from your school or club the reason you are in coaching. It's the game. It's the teaching. And, for many coaches, it's simply making a difference.

You are doing that in your players' lives, even if teenagers don't realize it in the moment. But, as the face of the program and a well known personality in your town or area, could you be doing more as a positive role model?

Sure, we're all busy. Combine spending time with family, coaching, teaching, staying in shape and having a few

moments to yourself, adding more volunteer work to the schedule seems daunting. But coaches around the country are using their status to advance causes near their heart.

I've been reading a lot about **Samaritan's Feet** as the group runs past its 10-year anniversary. In that time more than four million children in more than 60 countries have received shoes. Basketball coaches have done their part by coaching a game barefoot (Ron Hunter, current head coach at Georgia State was the first to do so seven years ago when he was at IUPUI). This raises awareness and is a simple gesture to help others.

The NABC supports the **Coaches Vs. Cancer Suits and Sneakers** awareness weekend every season with college and high school coaches wearing sneakers to drum up support for the American Cancer Society. Again, this is an easy way to use your status and raise awareness without scheduling away all your time.

Realize while you are giving back to the community, you also are setting standards for players. There has been no more touching story this season than the connection between Michigan State's Adreian Payne and 8-year-old Lacey Holsworth, who bravely battled cancer until her passing April 9. Tom Izzo routinely has his players visit children in

the hospital – on one trip, a deep bond was formed – see more in this video.

It's a credit to Izzo for pushing players to take time out of their busy days and give back. Most teenagers and young men and women need this push, then it's all worthwhile. Payne and Holsworth considered themselves brother and sister, the relationship helped the 8-year-old during her cancer treatments and shows just how much influence and power basketball has in helping others.

Use this off-season to determine how to give back. Be a difference maker.



Michael Austin
Michael Austin
Editor-in-chief

“The relationship helped the 8-year-old during her cancer treatments and shows just how much influence and power basketball has in helping others.”



Special needs children receive a lift when a basketball team visits

In this issue...

3 MAKE BOTH HANDS STRONG

Develop players' weak hands to create separation, keep defenders on their heels, and open more passing and scoring opportunities

4 IMPROVE OFF-HAND DRIBBLING

Find new ways to push players into developing their off-hand while keeping their strong hand off the ball

5 DOUBLE THE PASSING OPTIONS

Open more passing lanes when players have the ability to pass with both hands

6 WISCONSIN FLARE NETS 3 POINTS

This play runs a shooter off a weak-side double screen and creates an open top-of-set 3-pointer

QUICK HITTER

Win Rebounding Battle, Win Game

It seems like an obvious statement but the teams that outrebound the opponent win more often. And while coaches seem to understand this concept, maybe it's time to reexamine how much time you

spend on the skill in practice.

In the first Thursday/Friday of the NCAA Tournament, there were 32 games played. The team winning the rebounding battle won the game 21 times. Eight times the team with fewer rebounds won and in three instances the teams ended with the same number of rebounds.

The number is striking but adding to the premise is that in the eight

instances where the team recording fewer rebounds actually won, the rebounding difference was as follows: 1, 2, 2, 1, 8, 2, 1 and 3.

So as delve into new offensive and defensive concepts this off-season, consider the importance of rebounding and finding new drills to drive home this point (such as the ones in **Basketball Coach Weekly** issues 17 and 20). – Michael Austin

Force your right-handed players to use their left and break down defenses



Make Both Hands Strong

Develop players' weak hands to create separation, keep defenders on their heels, and open more passing and scoring opportunities

The point guard is on the left side of the floor. The forward is on the block, hand up and calling for the ball. With a quick step to the left and left-handed bounce back, the play is completed and you have an in-close scoring opportunity. But, how often does that truly happen at the youth and high school levels?

Typically, the point guard shifts left while dribbling with the right hand to create a passing lane. The defender continues to overplay the right hand knowing the left one is useless. Now the post defender has time to front your forward – the scoring chance is gone.

That's just one of many situations where having a useful weak hand is critical to your players' and your team's success.

Don't just spend five minutes standing in place and dribbling with the weak hand in practice. Develop fast-paced drills and utilize out-of-the-ordinary tools in developing the "other" hand.

Justin Duke, head girls coach at Scio High School (Ore.) provided the drills on the next two pages. He says he uses a lot of two-ball dribbling drills in an effort to build the strength of the weak hand and improve hand-eye coordination.

A few two-dribble drills he mentions (not shown on the following pages) include:

- **Pound Dribbles.** Run in 30-second intervals, both basketballs are bounced to armpit level then back to the floor.
- **Down Low.** Both balls are dribbled as close to the ground as possible while

maintaining the dribble.

- **Windshield Wipers.** Maintain both dribbles but sweep the arms from side to side so the hands roll over the top of the balls from the inside to the outside as the player pushes the balls back and forth.

- **Around The Leg.** Maintain one ball dribbling low near the knee while the other ball is dribbled around the opposite leg.

In addition, Duke has been known to introduce garden gloves and ankle weights into his dribbling drills.

"Using gardening gloves in all standard dribbling drills teaches players how to feel the basketball," he says. "Strap ankle weights around players' wrists and have them dribble – makes it easier to control the ball when the weights are removed."

Words by:

Michael Austin

Activities by:

Justin Duke,
head girls coach,
Scio High School,
Scio, Ore.

Improve Off-Hand Dribbling

Find new ways to push players into developing their off-hand – they'll thank you for it next time they beat a defender using the weak hand

WHY USE IT

Players who don't have a "weak" hand are much more valuable to your offense – but do more than simply standing around in practice and dribbling with the off-hand.

SET UP

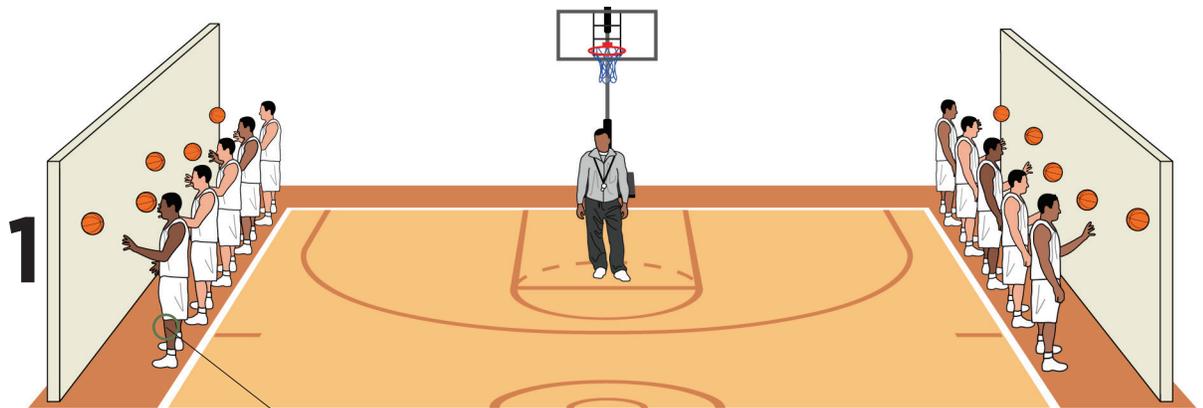
These three drills can be run on one side of the floor with a lot of your players. Find a wall for Drill 1, space out players in Drill 2 and set up cones for Drill 3.

HOW TO PLAY

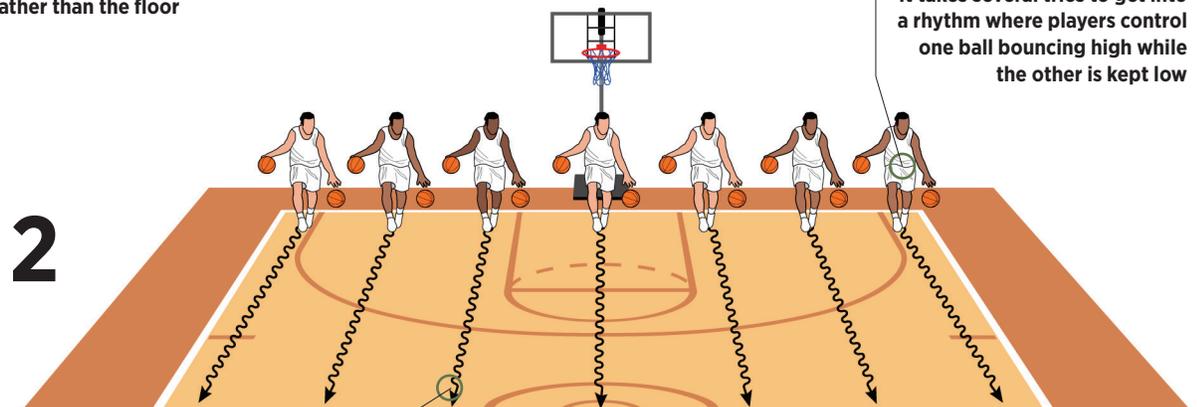
The first is the Wall Dribble. Players dribble with their off hand against a wall located about two feet in front of them. Expect players to feel the burn in their weaker arm, which shows you they need to develop more strength in it [1]. The second is One High, One Low. Players dribble one ball up to their armpit while a second ball is dribbled only as high as the knee. After reaching mid-court, players switch which hands perform the high and low actions [2]. The third is Cone Maze and simply involves weaving through cones only utilizing the off-hand dribble. Space the cones about three feet apart [3].

TECHNIQUE

Consistently switching drills helps keep players engaged and gives you more time to work on off-hand dribbling.

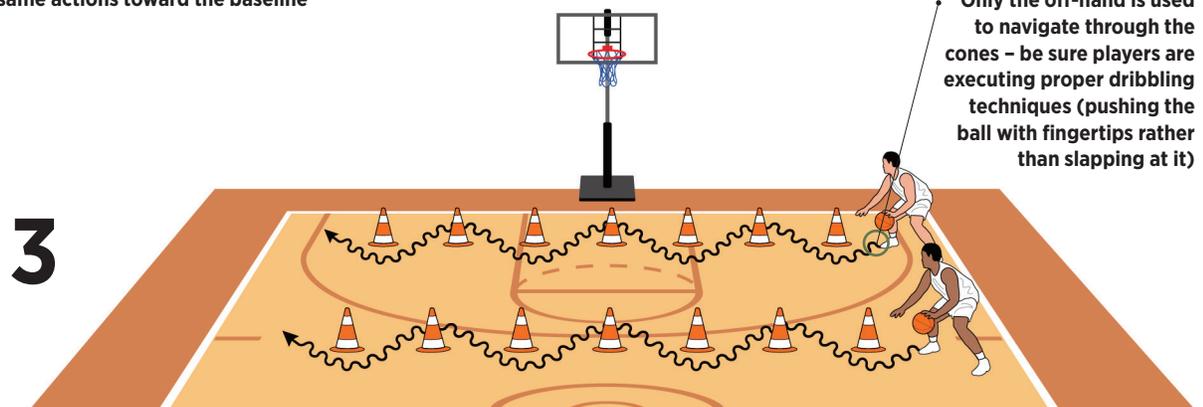


Only the off-hand is allowed to push the ball against the wall – it's dribbling against the wall rather than the floor



Switch the high-dribble, low-dribble hands at mid-court and run through the same actions toward the baseline

It takes several tries to get into a rhythm where players control one ball bouncing high while the other is kept low



Only the off-hand is used to navigate through the cones – be sure players are executing proper dribbling techniques (pushing the ball with fingertips rather than slapping at it)

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

Double The Passing Options

Not all passing angles allow players always to use their strong hands – develop weak hands and increase the odds of completing a useful pass

WHY USE IT

When your players only use the strong hand to pass, defenses have the advantage and overplay that hand. Use this drill to keep defenders honest.

SET UP

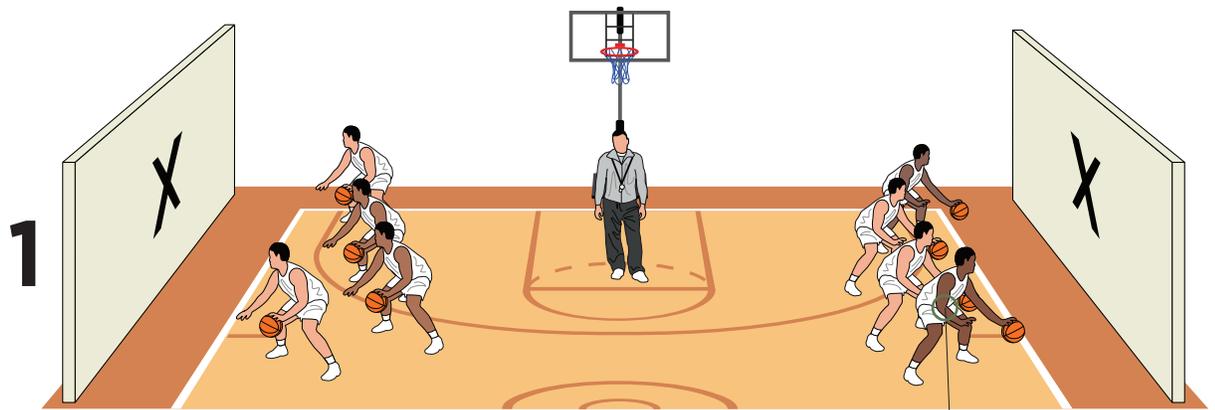
Find a couple walls in your gym and place a large target on each. Stand in the middle of the floor with a whistle as the players dribble with their off- or weak hand [1].

HOW TO PLAY

On your command, the players move straight from dribbling with the weak hand to passing with it. The strong hand is not involved at all. Players, no matter their location, pass the ball as hard as they can at the target. They retrieve their balls and start dribbling again [2]. Once players become proficient in standing, dribbling and passing, have them dribbling on the move and passing to the target on your command [3].

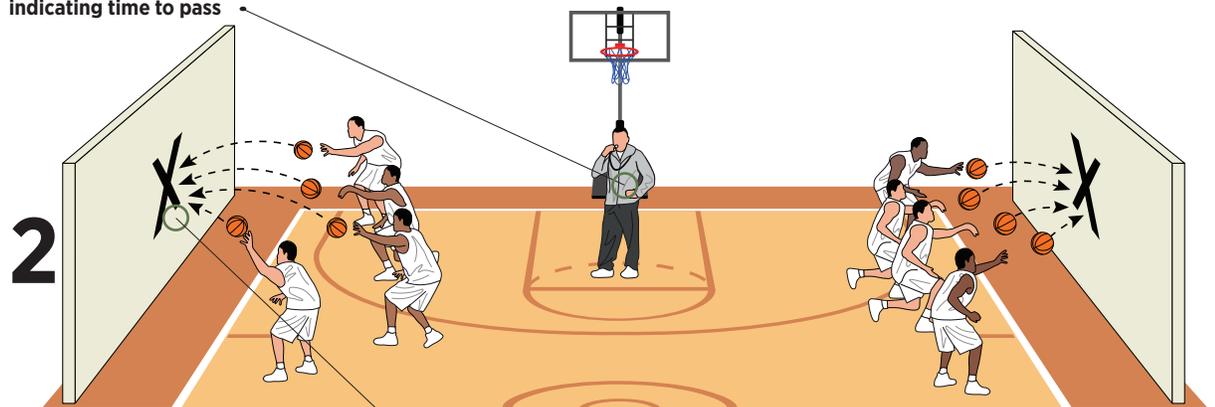
TECHNIQUE

The strong hand isn't allowed at all in this drill – not to steady the ball on the transfer, not to restart the dribbling and certainly not to aid on the pass. Using the weak hand throughout gives players confidence in that hand and gets them away from the dominant-hand push pass.

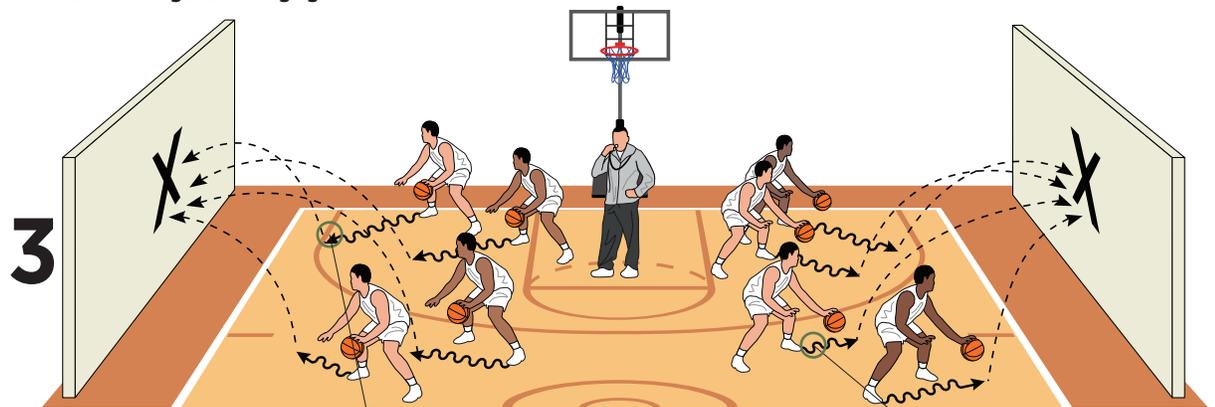


1 Position yourself in the middle of the court where players have their backs to you, so no one knows when the signal is coming indicating time to pass

Players practice head-up dribbling and only use their off- or weak hand



2 After throwing as hard as possible at the target with the weak hand, players retrieve their balls and begin dribbling again



3 Do not allow the strong hand to slide over and steady the ball for the pass – all movements are executed with the weak hand

Put players on the move to increase the drill's difficulty

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



Wisconsin Flare Nets 3 Points

A staple of Bo Ryan's set offense, this play runs a shooter off a weak-side double screen and creates an open top-of-set 3-pointer

WHY USE IT

The main goal is to take an open 3-pointer but there is an inside, post-up option if needed, especially if you find the defense crowding the 3-point line.

SET UP

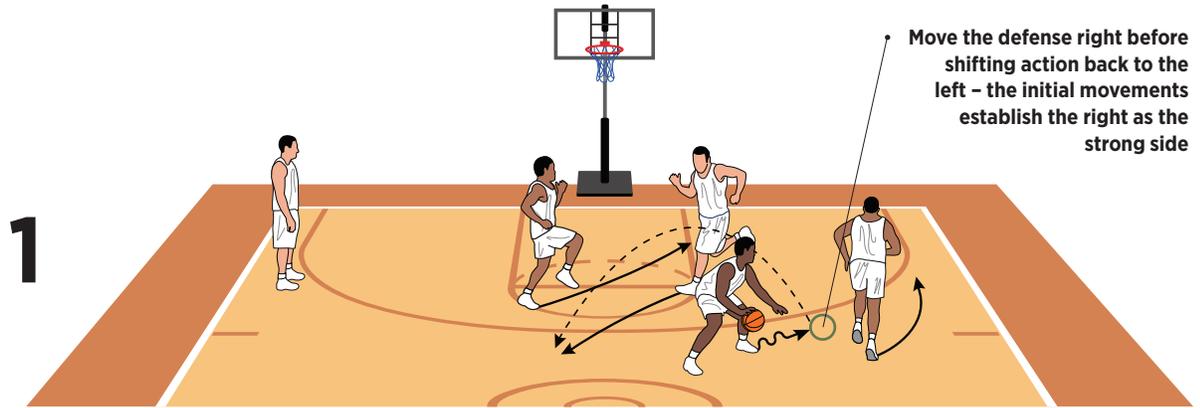
All five players initially are spaced away from the basket with three outside the 3-point arc and two near the free-throw line.

HOW TO PLAY

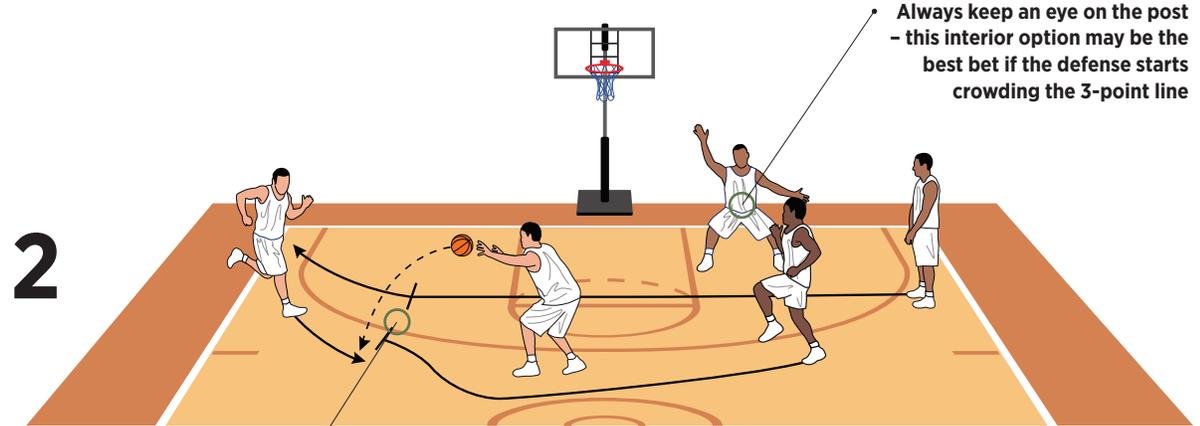
The point guard dribbles right and pushes the right wing to shift further down the wing. The right-elbow player pops high and receives a pass while the player near the left elbow looks to establish post position [1]. The right wing now comes across the court to set the shooter's double screen with the point guard. The pass is made from the ball handler to the shooter [2]. Passing to the post always is an option if open at any point. Otherwise, the shooter catches and shoots in rhythm while the remaining players crash the offensive boards [3].

TECHNIQUE

Be sure the shooter doesn't leave the left wing until the double screen has formed. Run too soon and the screeners' defenders simply sag back and are in easier perimeter-defending position.

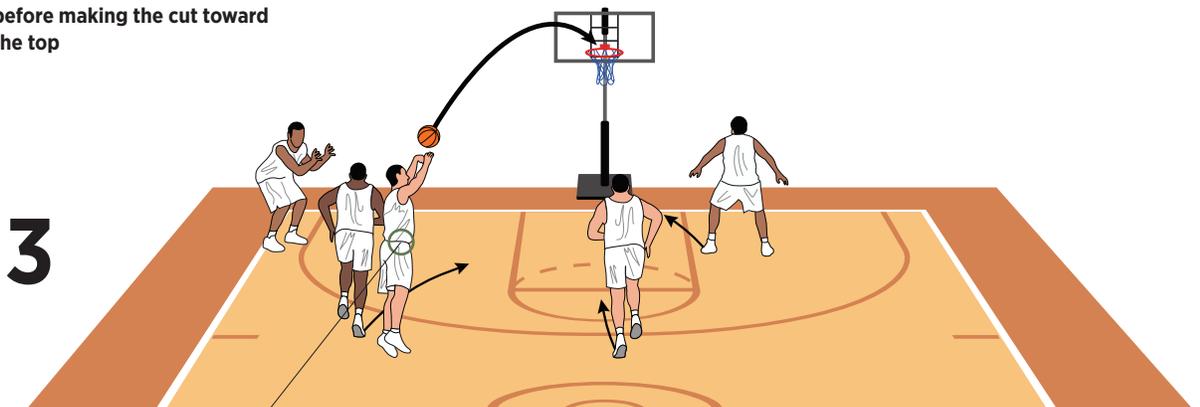


Move the defense right before shifting action back to the left - the initial movements establish the right as the strong side



Always keep an eye on the post - this interior option may be the best bet if the defense starts crowding the 3-point line

The shooter (on the left wing) waits for this double screen before making the cut toward the top



Catch and shoot the ball in rhythm before the defense recovers



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