

CONSIDER POSITIVE MOTIVATION EVEN AFTER A DEMORALIZING LOSS

BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

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**DO MORE THAN
CLEAR OUT**
FOR YOUR PROLIFIC
SCORER

**BEAT
THE BEST
WITH 2
DAYTON
PLAYS**

**WHEN
IS THE
BEST
TIME**
TO ARRIVE AT A
ROAD GAME?



< **DAYTON** MADE
A POST-SEASON
RUN WITH
STEADY
OFFENSE

**TAKE ADVANTAGE
OF A SAGGING
DEFENDER**
WITH AN OFF-BALL SCREEN

**THE BEST
COACHING TIPS
EVERY WEEK!**

HAVE 1 PLAYER SET 3 SCREENS TO CREATE DRIBBLE-DRIVE OPPORTUNITY

Adjust Your Arrival Time



Basketball Coach Weekly Issue 31

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Sideline Stories

While **reading a fascinating piece** on high school football coach Kevin Kelley at Pulaski Academy (Little Rock, Ark.), I was shocked to learn his team arrives at 6:15 p.m. for a 7 p.m. road game. Kelley always is asking “why?” and couldn’t figure out why his team needed two to two-and-a-half hours prior to kickoff. He polled his players, he talked to surgeons (who don’t need two hours of mental prep) and concluded to get in the proper mindset, his team needs to be in a “hurry up” mode the second the bus shifts into park.

Kelley’s team plays fast and pushes the tempo on both sides of the ball. He never punts and offers fresh perspective on how to approach the game and coaching.

With so many basketball coaches employing a fast-paced Kevin these days, I wondered if cutting down on arrival time could work in our circles. There are other factors to consider as a hoops coach, first and foremost, being that you may need to travel with the junior varsity team and are forced to spend hours waiting. But, with it being the offseason, give this topic some thought.

Tim Kennedy, the head boys coach at Archbishop Mitty (San Jose, Calif.), says ideally he wants his team at a road game 60 minutes ahead of time. “As a player, I never liked sitting around too

long for the game to start,” he says. “I do like the idea of racing against the clock ... it helps keep the players focused.”

Justin Duke, head girls coach at Scio High School (Scio, Ore.), says he also prefers to arrive about an hour before game time. Scio is a smaller school, and Duke reports his team plays in many types of gymnasiums, so it’s important for the players “to see the ball go through the basket and develop some confidence” before hitting the floor at tipoff. Plus, smaller schools typically travel farther for games, meaning bus rides of two hours or more are the norm, which factors into Duke’s schedule for his players.

Duke adds the hour allows players to get dressed, conduct a light shoot-around, stretch, get taped and work out some nerves while shedding their “bus legs.” Duke conducts a chalk talk in the locker room, then 15 minutes prior to tipoff, players run through a “hard 15-minute warm-up.”

“I don’t spend a lot of time on pre-game talking. I try and lay out the scenario and give a quick reminder of things we discussed about the opponent the day before, but try not to put them on information overload,” Duke says.

“I do like the idea of racing against the clock ... it helps keep the players focused.”



Michael Austin
Michael Austin
Editor-in-chief



Some coaches are ditching the extended arrival times for road games

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See how Providence College moved its offense to accommodate the athleticism of its best scorer

QUICK HITTER

Demoralizing Loss? Go Positive

On March 8, the UCLA men’s team was trounced by the Pac-12 Conference’s second-to-last place team (Washington State) by 18 points. The next day, head coach Steve Alford sat the players down for a film session.

Expecting to see the horrors from the day prior, Alford surprised his players with a positive highlight package of the season to date.

Senior forward Travis Wear told Jeff Eisenberg of Yahoo! Sports, “It was a huge relief. As a player, you dread going into film after a loss like that. To not have to relive that experience and to say forget about it and move on, we were all really

happy. He knew we were a better team than that. We knew we were a better team than that. There was no reason to go back, watch that film and see ourselves play that poorly.”

One week later Alford’s team won the Pac-12 tournament title, then won its first two games in the NCAA Tournament, proving positive reinforcement sometimes is the best remedy. – Michael Austin



A Balancing Act

Dayton stuck by its balanced attack and emerged from the NCAA Tournament's first weekend as the Cinderella with victories over higher-seeded Ohio State and Syracuse

When a lower-seeded team starts making noise in the NCAA Tournament, that squad either features a not-to-be-outdone superstar or a balanced attack complete with many potential scoring options. Dayton rode the later into the Sweet 16. Facing favored Ohio State, then Syracuse, Dayton soared past both with stellar inside-outside play.

Plus, Archie Miller's group wears down the opposition. Miller plays a bigger rotation than most – typically, nine players but can get up to 11 in certain games. But Miller doesn't go deep into his bench to run past the opposition. The Flyers only averaged 73.4 points per game during the 2013-14 regular season, which was tied for

97th in the country.

Dayton's offensive key to success resided in its efficiency represented in its field-goal percentage. The Flyers shot 46.6 percent from the field (60th in the country) and an impressive 37.8 percent (51st) from 3-point land, showing that Dayton created and made high-percentage shots. When you are playing that many people in a game, all of whom are capable of scoring, then defenses are spread thin and perceived "better" teams become ripe for the picking.

This week I'm peeling back part of Dayton's offense by breaking down two successful plays run against Ohio State in the team's first post-season contest.

The first resulted in an open 3-pointer and utilized an off-ball high screen of a defender who sagged off his responsibility once that person passed the ball. Watch defenders on film – see how they typically take a step back after the person they are guarding passes the ball. This is the perfect time to screen them and create an opening.

The second play created movements and motion to shift the defense before rotating the ball back to the top of the set and allowing a ball handler to create off the dribble.

Both plays resulted in scores and demonstrate the inside-out nature of Dayton's successful offense.

Words by:
Michael Austin

High Off-Ball Screen For 3-Pointer

Bring your post high to set an off-ball screen and free a previous passer for an open opposite-wing long jumper

WHY USE IT

Lots of perimeter ball movement typically causes a defender to lose track of his responsibility - take advantage by setting a high off-ball screen.

SET UP

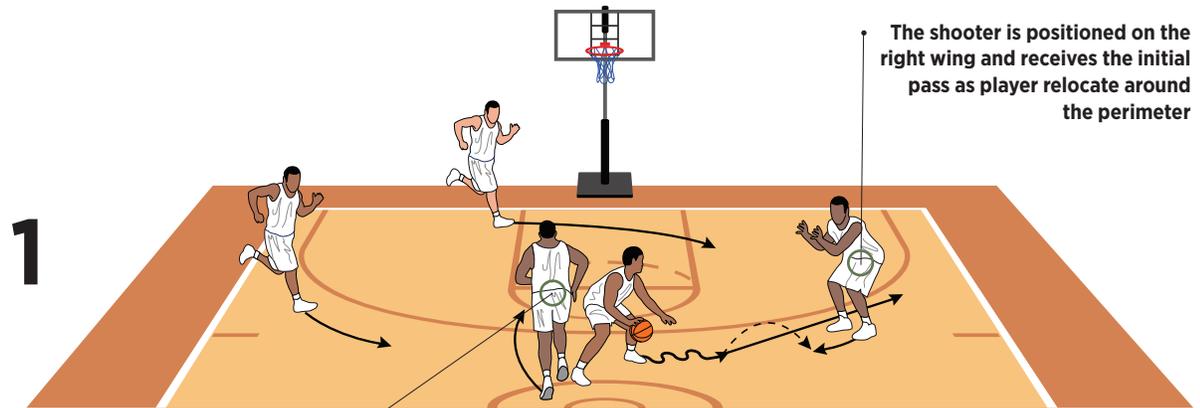
The University of Dayton made a strong NCAA Tournament push into the second weekend. The Flyers used this play in the first half of the Ohio State game after the Buckeyes had drilled a 3-pointer to lead 29-28.

HOW TO PLAY

The shooter is located on the right wing and the point guard is dribbling at the top. The point dribbles at the shooter, passes to him and relocates to the right wing. The post moves to the right side as the trailer fills a gap on the left [1]. The shooter dribbles toward the top and passes to the left wing. The post moves high as the point guard shifts low [2]. The post sets the off-ball high screen and the shooter moves behind it. The pass is made from the left wing and the shot is taken [3].

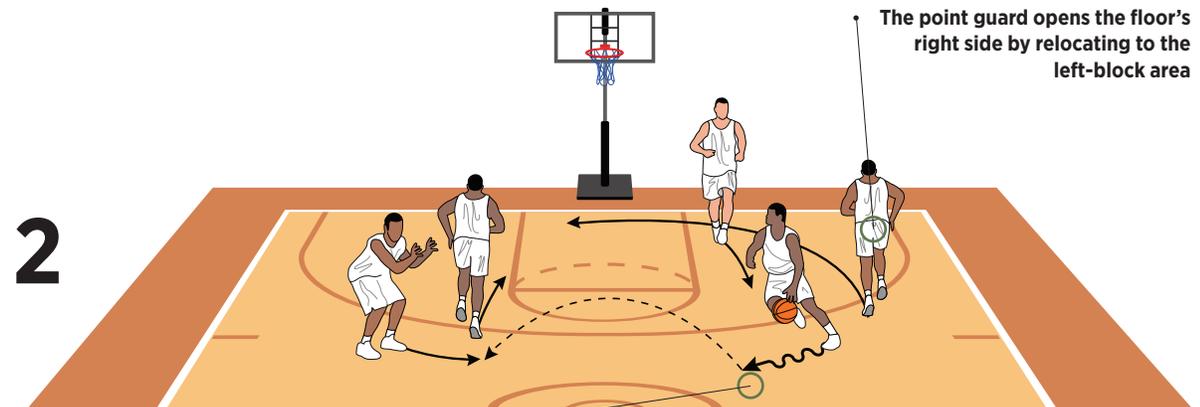
TECHNIQUE

After the shooter passes to the left wing, watch this player's defender - most likely he has dropped a little low and possibly is watching the ball more than his responsibility.



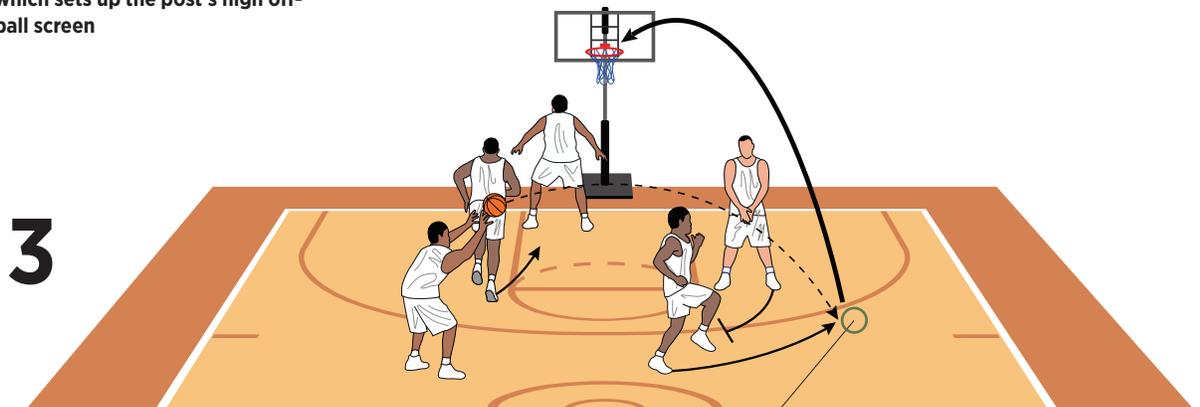
1 This play takes place as the ball is pushed up the court so instruct your trailer to fill the floor's left side

The shooter is positioned on the right wing and receives the initial pass as player relocate around the perimeter



2 The shooter's defender typically sags a bit after this pass is made, which sets up the post's high off-ball screen

The point guard opens the floor's right side by relocating to the left-block area



3 This is a catch-and-shoot opportunity before the defender reacts to being screened

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

Space & Drive

Initial action creates space for your best ball handler to take the defender off the dribble and get to the rim

WHY USE IT

Constantly running defenders off screens creates room at the top for a dribble-drive opportunity.

SET UP

Dayton led Ohio State, 35-32, early in the second half. This play netted a couple easy points and begins with the scorer located on the left block.

HOW TO PLAY

The scorer doesn't have an initial responsibility and waits for the early action to clear. The ball handler dribbles off a high ball screen and passes to a player popping to the right wing. The passer moves to the right corner as the middle-low player locates to the left corner [1]. The screener rolls and downscreens for the player you want to score. The scorer comes high and receives a pass [2]. On the catch, the scorer attacks the left side of the lane. The post-up player moves slightly higher and picks off both defenders making the layup opportunity an easy one [3].

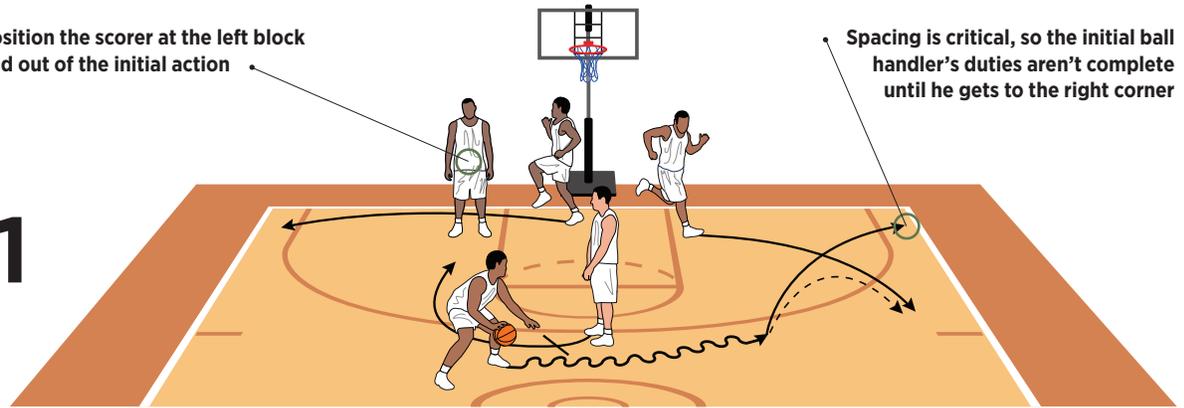
TECHNIQUE

The spacing provides the scorer plenty of space to create off the dribble. Instruct players to remain in the corners and on the right wing - it draws their defenders away from the hoop and they are available for a kick-out pass if necessary.

Position the scorer at the left block and out of the initial action

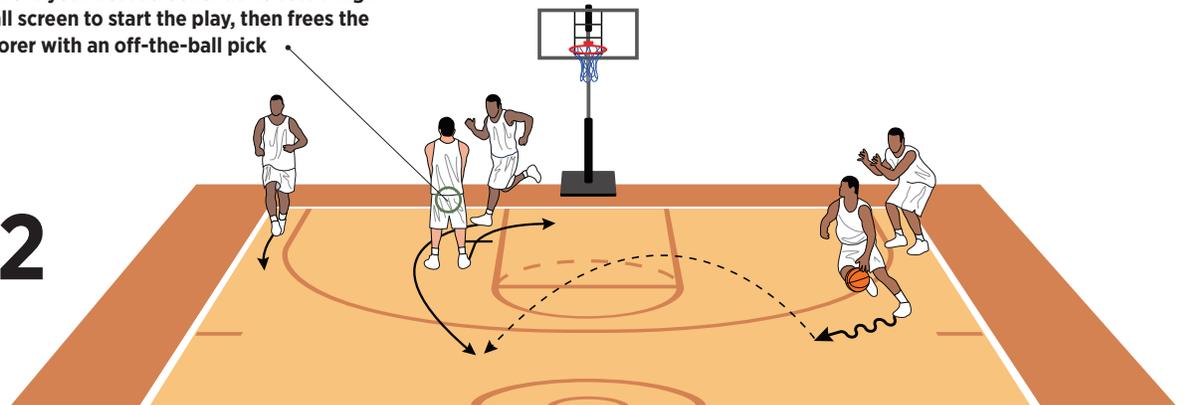
Spacing is critical, so the initial ball handler's duties aren't complete until he gets to the right corner

1



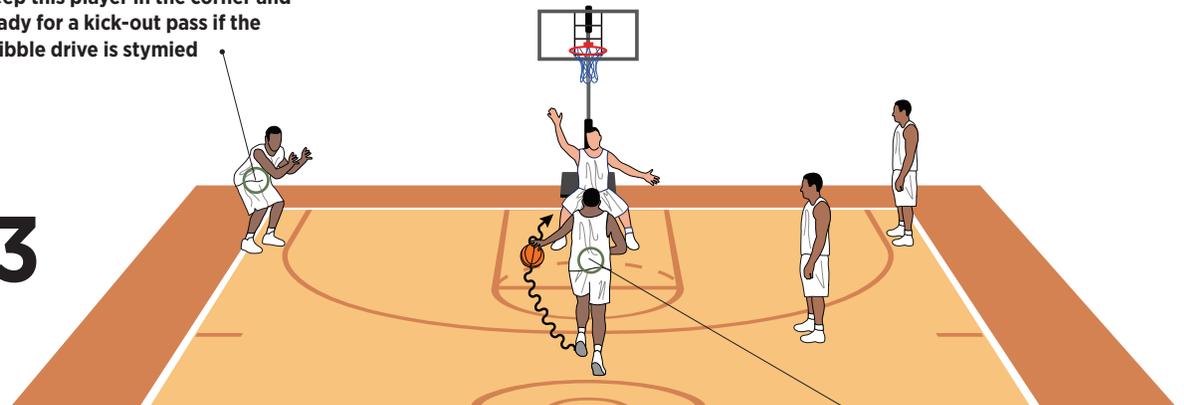
Here is your best screener as he sets a high ball screen to start the play, then frees the scorer with an off-the-ball pick

2



Keep this player in the corner and ready for a kick-out pass if the dribble drive is stymied

3



The scorer looks to attack immediately on the catch as the floor's left side has space to attack

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



Prolific Scorers Need Ball In Space

Providence College rode the tenacity and athleticism of Bryce Cotton to within a bucket of beating North Carolina, see how the Friars did it

WHY USE IT

Gifted scorers create their own shots but you need to develop unique methods of getting the ball into their hands. Providence ran these motions in the second half of the North Carolina NCAA Tournament game to get Bryce Cotton the ball in space.

SET UP

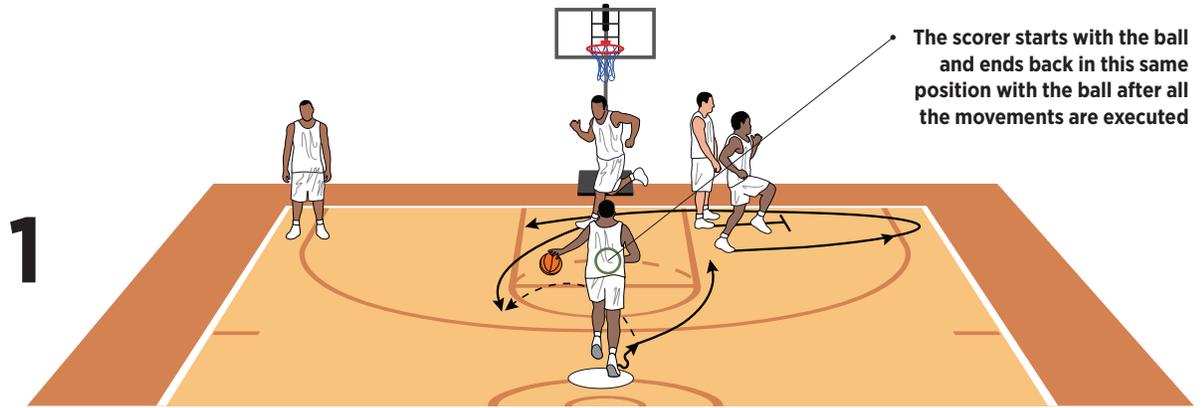
Your scorer has the ball in his hands at the top of the set. Instead of simply spacing, move your players, get the defense out of position and then have your scorer attack.

HOW TO PLAY

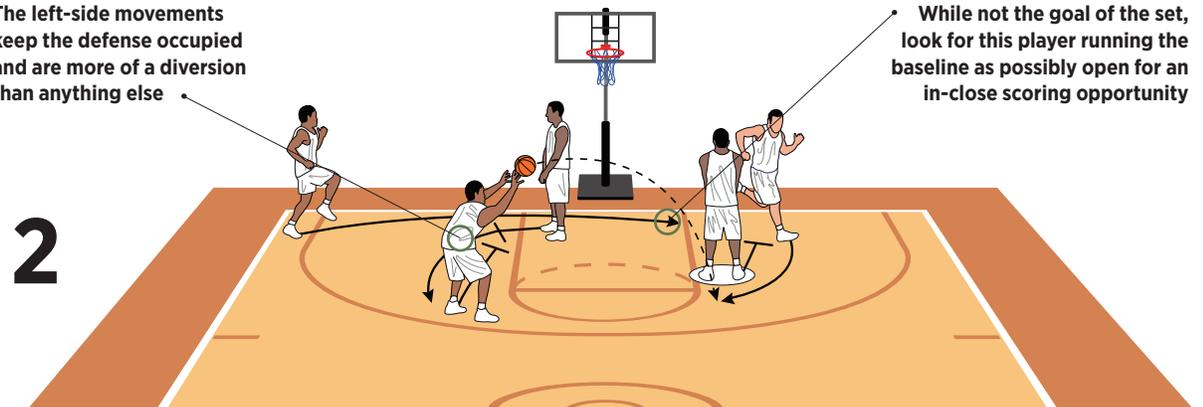
Your scorer dribbles into the set and passes to a player flashing high. The top player in the right-block stack pops to the corner, then runs the baseline and comes off a screen from the second-stack player [1]. After passing the scorer moves low and screens as the initial screener curls to the elbow and receives a ball. The passer then screens down and another player curls high [2]. The scorer fakes toward the corner, to the hoop then back to the corner and receives a pass. The remaining players space into a 1-4 set as the scorer dribbles high. Now, the scorer has the ball in his hands with the floor spaced.

TECHNIQUE

The scorer's initial fake to the corner is important as the defense overplays this person.

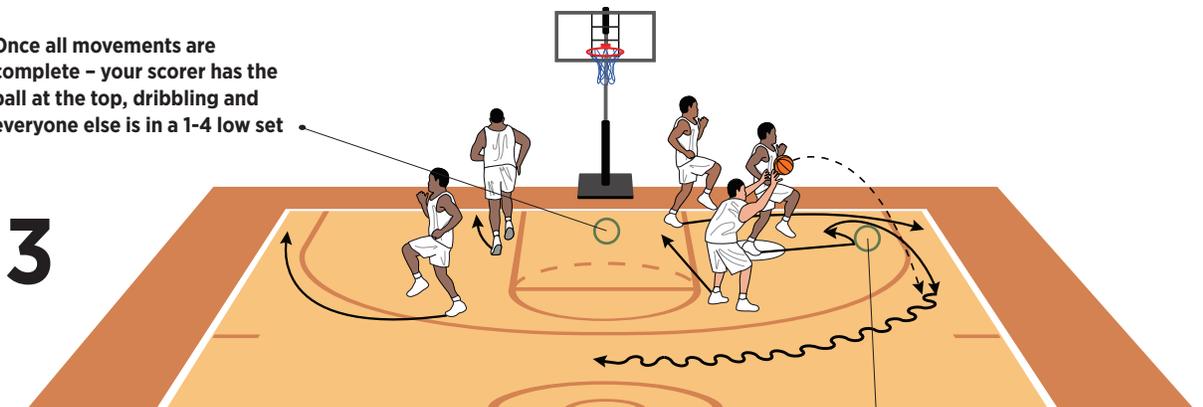


The scorer starts with the ball and ends back in this same position with the ball after all the movements are executed



The left-side movements keep the defense occupied and are more of a diversion than anything else

While not the goal of the set, look for this player running the baseline as possibly open for an in-close scoring opportunity



Once all movements are complete - your scorer has the ball at the top, dribbling and everyone else is in a 1-4 set

Have your scorer utilize several fakes, starts and stops in an effort to get open



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