

**QUICK HITTER SERIES:** CREATE LAYUP, MID-RANGE JUMPER & 3-POINT ATTEMPT

# BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

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## CONFOUND DEFENSES

WITH MULTI-OPTION  
HIGH DOUBLE SCREEN

## WIN 75% OF YOUR GAMES

DISCOVER THE ONE THING YOUR  
TEAM NEEDS FOR SUCCESS

## UTILIZE SOLID SHOOTING

FORWARD ON PERIMETER  
TO OPEN DRIVING LANES



< **UConn** USED A  
BASIC SET AND  
SURGED INTO  
THE FINAL FOUR

**THE BEST  
COACHING TIPS  
EVERY WEEK!**

**SHARE LAST SEASON'S LESSONS** LEARNED IN PREPARATION FOR NEXT YEAR

# Learn Something Last Season? Share It!



**Basketball Coach Weekly** Issue 32

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## Sideline Stories

**Basketball Coach Weekly** has succeeded through 32 issues so far because it's dedicated to helping coaches improve their teams with logical, efficient, useful and unique plays, drills, strategies and philosophies. Some of these ideas have been shared with me by your coaching peers while I've pulled others from hours upon hours of watching and observing our great game.

Now that we are well past the end of last season and in preparation for the upcoming summer leagues, and even next scholastic season, now is a great time to learn from each other. I've contacted some of my coaching friends and asked them to submit a "Lessons Learned" piece for an upcoming issue. These articles will revolve around something that happened last season, whether negative or positive, and how it affected the coach's program.

Maybe a coach went more zone defense than ever before. Maybe a coach had to deal with multiple disgruntled parents. Or, maybe a never-seen-before safety concern popped up during the season. All of you reading this have experienced something in the last six months that would be of value to your peers. Give it some thought and if you want to share your story, go ahead and email me at [Michael.austin@basketballcoachweekly.com](mailto:Michael.austin@basketballcoachweekly.com)

[basketballcoachweekly.com](http://basketballcoachweekly.com). I'd love to make this a recurring department during our off-season issues.

But, this is just one way **Basketball Coach Weekly** is growing. You'll notice in this issue the first of a four-part Quick Hitter Series. These plays are from a knowledgeable assistant coach in my area (Dave McIntosh at Fort Vancouver High, Wash.) and are effective yet the movements simple enough to run at any level of play. They are proven to work and could be the difference between winning and losing.

Along the lines of the quick hitters, **Basketball Coach Weekly** recently published its first book - "The Ultimate Basketball Out-Of-Bounds Playbook" featuring 27 tried-and-tested inbound

plays used to score baskets in high school, college and professional games within the

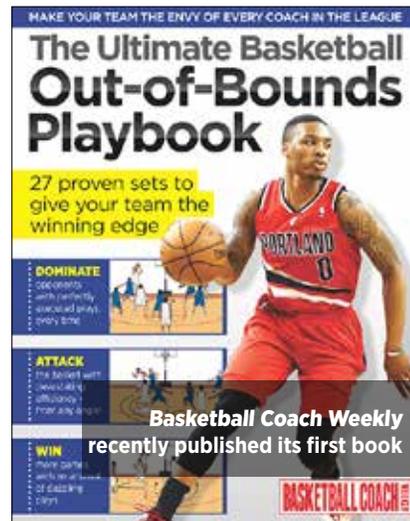
last year. These plays take advantage of fantastic spacing, off-the-ball screens and perfect timing - all of which are critical in today's game.

It all adds up to a great first season of **Basketball Coach Weekly**. So, if you are giving me a five-issue trial right now, or have been there from the start, continue to expect high quality content from me as you push through the off-season.

Thanks for being part of the team!



*Michael Austin*  
Michael Austin  
Editor-in-chief



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## QUICK HITTER

### Win 75% Of Your Games

By Jerry Krause, director of men's basketball operations, Gonzaga University, Spokane, Wash., [coachjerrykrauseonline.com](http://coachjerrykrauseonline.com)

I have been the NABC (National Association of Basketball Coaches) Research Committee Chair for more than 30 years and have conducted

studies showing teams who out-rebound their opponents win between 75 and 80 percent of their games.

In addition, rebounding is often thought of as an important aspect of "blue collar" basketball and is considered as one measure of physical and mental toughness. Thus, it can be used to build self and team confidence, and become a trademark for a player and his/her team.

An offensive rebound is a second chance offensive boost for your team. Defensively, the rebound finishes a defensive possess and can be used to start the fast break. The best way to gain possession of the ball for your team is rebounding. There are more missed shots in most games than made shots, so take advantage of this "missed shot" opportunity to gain the ball for your team.



# Run It Until They Stop It

Powered by a pair of talented guards and a multi-faceted forward, UConn found its offensive niche at the perfect time en route to a national championship

The University of Connecticut men's team finished tied for third in the American Athletic Conference with a modest conference mark of 12-6. UConn was routed by 33 points on March 8 by Louisville and needed overtime to dispatch St. Joe's in the teams' first game in the NCAA Tournament.

Yet, on the evening of April 7, UConn did the unthinkable - the Huskies won the national title as a No. 7 seed. How did this happen?

UConn clamped down on defense and didn't shy away from what offensively worked all season. Led by a pair of dynamic guards (Shabazz Napier and Ryan Boatright) as well as a multi-dimension 6-foot-9 forward in DeAndre

Daniels, head coach Kevin Ollie stuck by his leaders throughout the tournament. Those three players were the only Huskies to average in double-figures during the season and despite the added defensive attention, they continued to pile up points during the post-season.

Plus, Ollie found a way to create easy scoring opportunities for all three players from a relatively simple set any high school or even youth coach could implement in his or her system. It's a high double screen in which the post players (one of which was Daniels) started at opposite elbows. Ollie spread two guards into opposite corners and featured either Napier or Boatright dribbling at the point.

From there, the posts came high so

the point had the option to utilize a ball screen to his right or his left. This resulted in 3-pointers for Daniels (shown on page 4), dribble drives for easy floaters in the lane for Boatright (shown on page 5) and almost limitless opportunities for Napier to drive, shoot or pass.

Ollie was so confident in the double high screen that as time wound down in the first half against Iowa State, UConn simply brought the ball up the court, set up, the players took their time and the same high double screen was initiated. If the Cyclones jumped the perimeter, a Husky drove into the lane. If the Cyclones sagged back, a Husky fired a 3-pointer.

Iowa State couldn't stop it, so UConn kept running it.

**Words by:**  
Michael Austin

# High Double Screen Leads To 3-Pointer

UConn's high double screen produces any number of options - check out this play setting up a strong outside-shooting forward with a 3-pointer

## WHY USE IT

Bringing both post players high draws those defenders away from the hoop and forces the defense to guess which side the offense is going to attack.

## SET UP

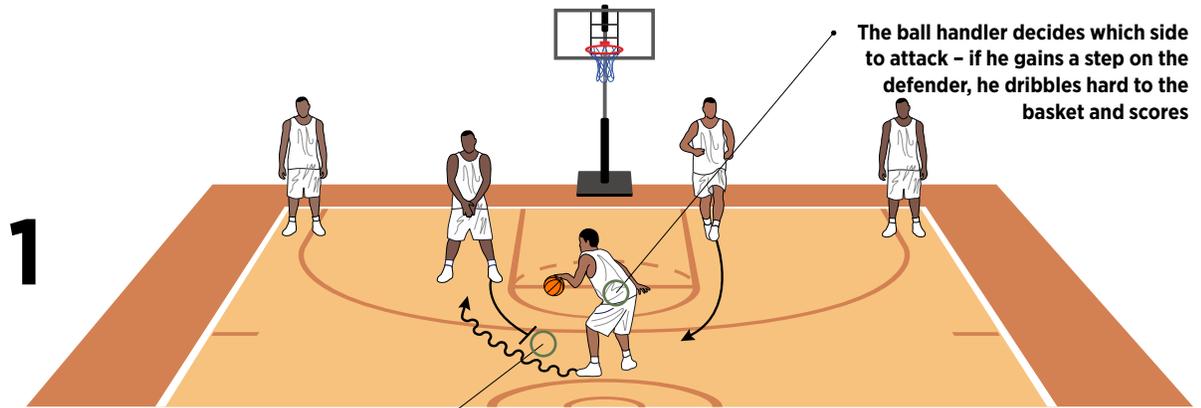
UConn ran the double-high-screen play time after time in a Sweet 16 victory over Iowa State. A guard (in this case Shabazz Napier) has the ball at the top with two other guards spread in the corners and the posts staggered on opposite lane lines.

## HOW TO PLAY

Both posts come high and provide the ball handler multiple options to start the play. Here, the guard dribbles left [1]. The left-side ball screener also is a good jump shooter. He flares after screening and receives a pass outside the 3-point line. The other post moves into the lane and screens the sagging defender [2]. The shot is taken on the catch and players crash the boards [3].

## TECHNIQUE

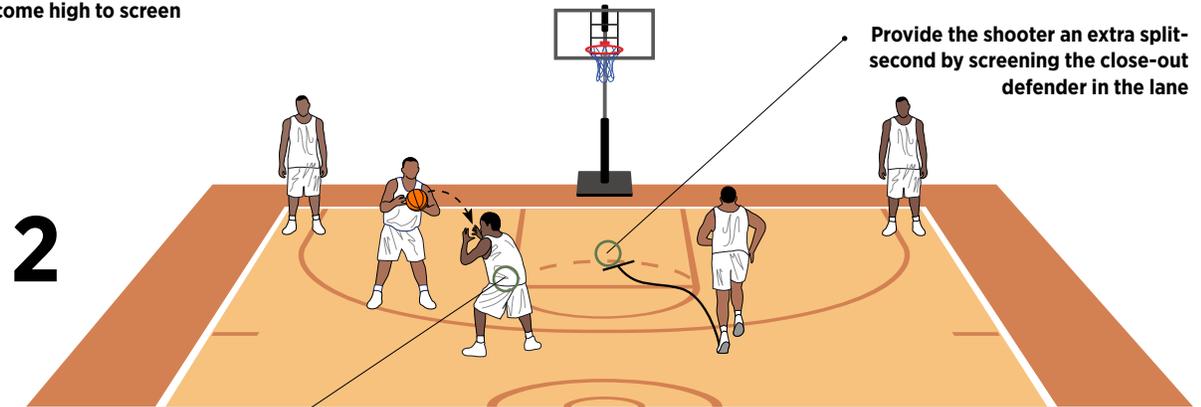
The shooter for Connecticut is DeAndre Daniels, who dribbles well as he showed a couple minutes later. From the same set, Daniels received the pass and based on his earlier shot, the defender played higher, which allowed Daniels to dribble by him for an easy layup.



1

The ball handler decides which side to attack - if he gains a step on the defender, he dribbles hard to the basket and scores

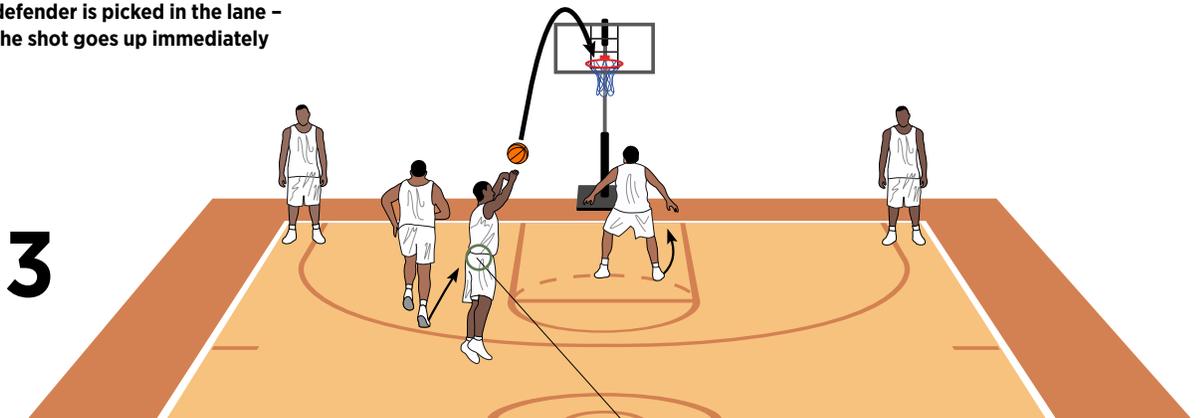
There are so many options off this set that defenses can't cheat by sagging back or overplaying the perimeter when both posts come high to screen



2

Provide the shooter an extra split-second by screening the close-out defender in the lane

This is a catch-and-shoot opportunity and as long as the defender is picked in the lane - the shot goes up immediately



3

Make this shot once or twice and the defender starts to cheat the screen - that's when this player either dribbles to the hoop or passes quickly to the post in the lane

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

# High Double Screen Creates High-Percentage Floater

This variation of UConn's Double-High-Screen Play results in the point guard attacking the lane and scoring near the hoop

## WHY USE IT

A simple set where you run multiple actions off it keeps the defense on its heels. The previous page showed how to get a 3-pointer from a double high screen - now see how to attack the rim.

## SET UP

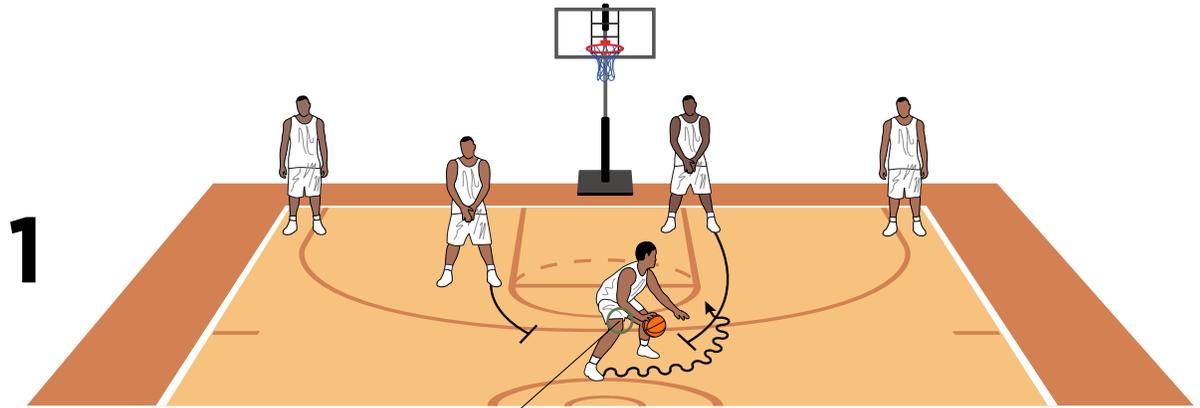
UConn continued to run the high-double-screen play as the first half came to a close versus Iowa State. Leading by eight points, the Huskies netted another bucket before halftime en route to a Sweet 16 victory.

## HOW TO PLAY

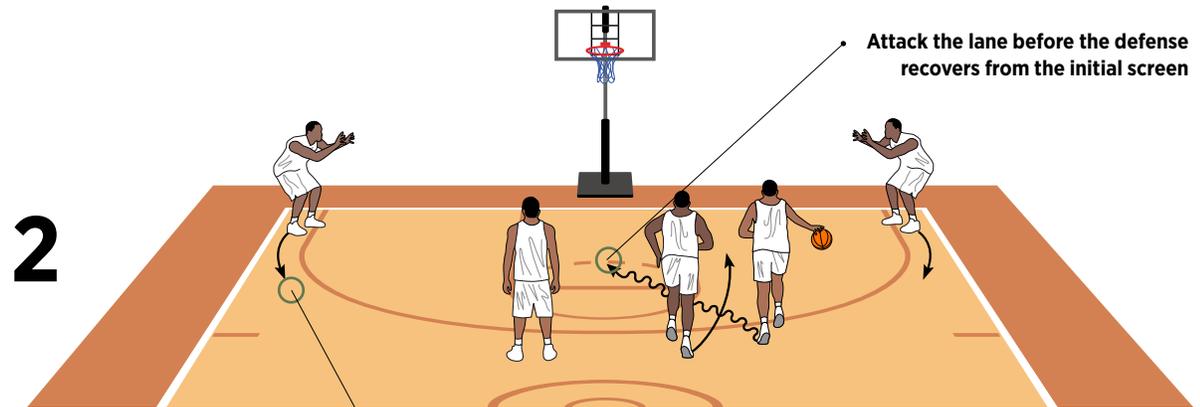
Nursing a lead in the first half's final minute, UConn was in no hurry to start the action, so the ball handler (Ryan Boatright) dribbles for 10 seconds at the top of the set. Finally both posts come high and he uses a ball screen to move right [1]. The ball handler attacks the lane as both corner guards pinch in from the corners. The screener rolls toward the hoop [2]. The ball handler shoots a floater over the defenders but also had the option to pass to either perimeter guard [3].

## TECHNIQUE

Once the ball handler attacks the lane a few times from this set, watch the other defenders sag toward the lane, which leaves the perimeter open.

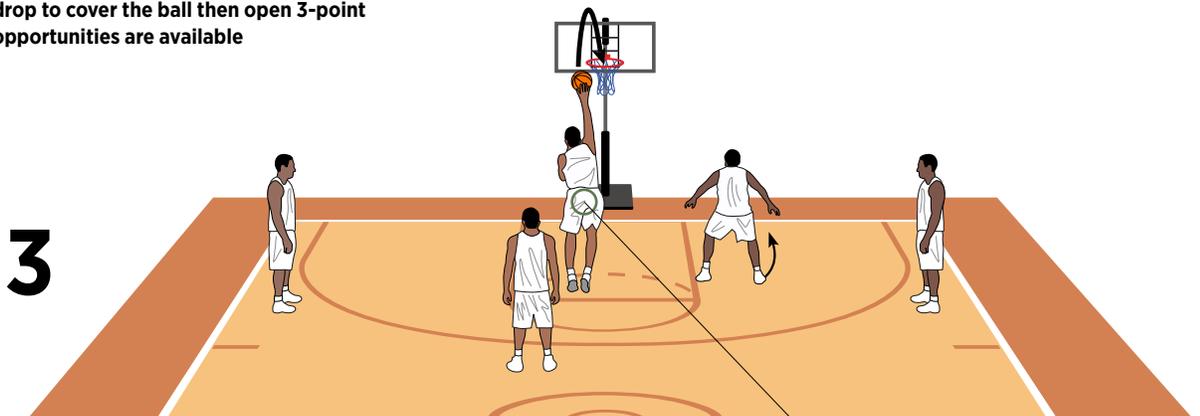


Be sure ball handlers mix up which way they start the action - right-handed players tend to go right more often - be cognizant of this



Attack the lane before the defense recovers from the initial screen

Have the corner players pinch in when the ball enters the paint - if defenders drop to cover the ball then open 3-point opportunities are available



A high-arching shot in close beats a lot of tall recovering defenders - have players practice this type of shot

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

# High Ball Screen Leads To 3 Options

Execute a simple high ball screen and produce a driving layup, a kick-out pass for a 3-pointer or a free-throw-line jumper

## WHY USE IT

When your point guard has the ability to break down a defender with the dribble, then multiple scoring options are available.

## SET UP

Position your forwards/center at opposite elbows with the two guards located in opposite corners. The point guard is dribbling the ball at the set's top.

## HOW TO PLAY

The play can be run to either side - in this instance, the right-elbow player comes high and sets a ball screen. The point dribbles hard off the screener's shoulder to gain the edge [1]. The left-elbow player sprints toward the hoop as the screener rolls to the free-throw-line area. The left-corner player comes high and acts as a safety defender in case the opposition gains control of the ball [2]. If the point guard has a step, he drives and shoots the layup. Typically, two defenders try to stop the penetration, which leaves the right-corner player and rolling screener open [3].

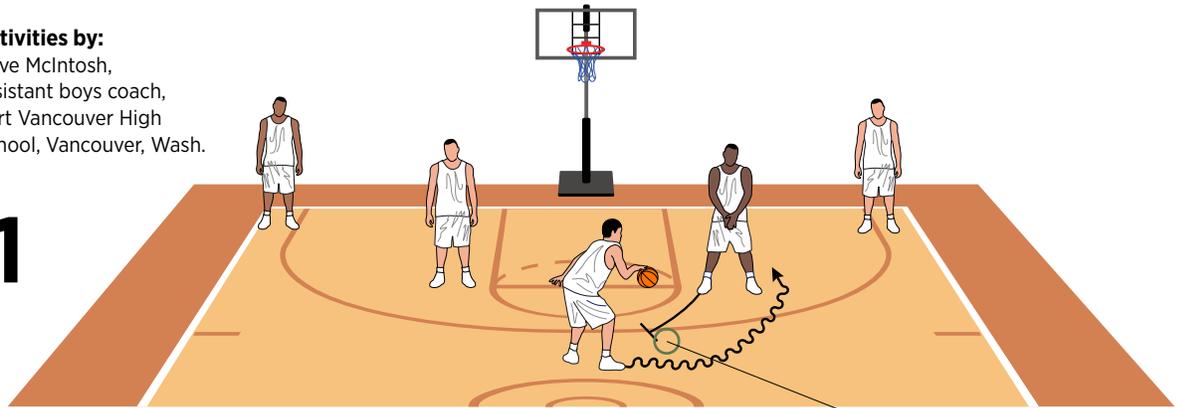
## TECHNIQUE

The screener doesn't come hard to the hoop but settles in for a mid-range jumper. This keeps additional defenders away from the hoop in case the point guard does have a step on the defense.

### Activities by:

Dave McIntosh,  
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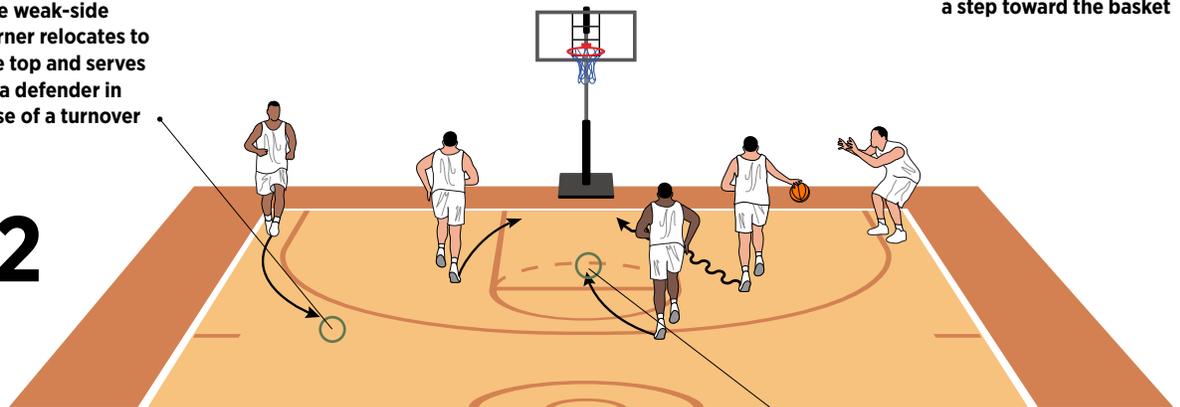
1



The ball handler rubs the defender off the screener's shoulder to gain separation and a step toward the basket

2

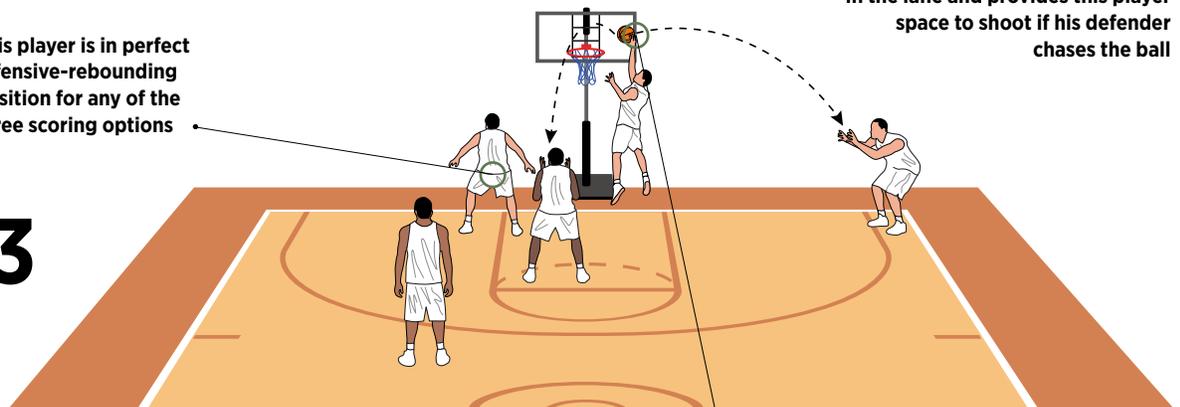
The weak-side corner relocates to the top and serves as a defender in case of a turnover



Don't get too deep with the basket roll - this reduces the congestion in the lane and provides this player space to shoot if his defender chases the ball

3

This player is in perfect offensive-rebounding position for any of the three scoring options



Take the layup if it's open - otherwise kick out a pass to the corner for a 3-pointer or to the trailing roller for a mid-range jumper



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