

BASKETBALL COACH WEEKLY

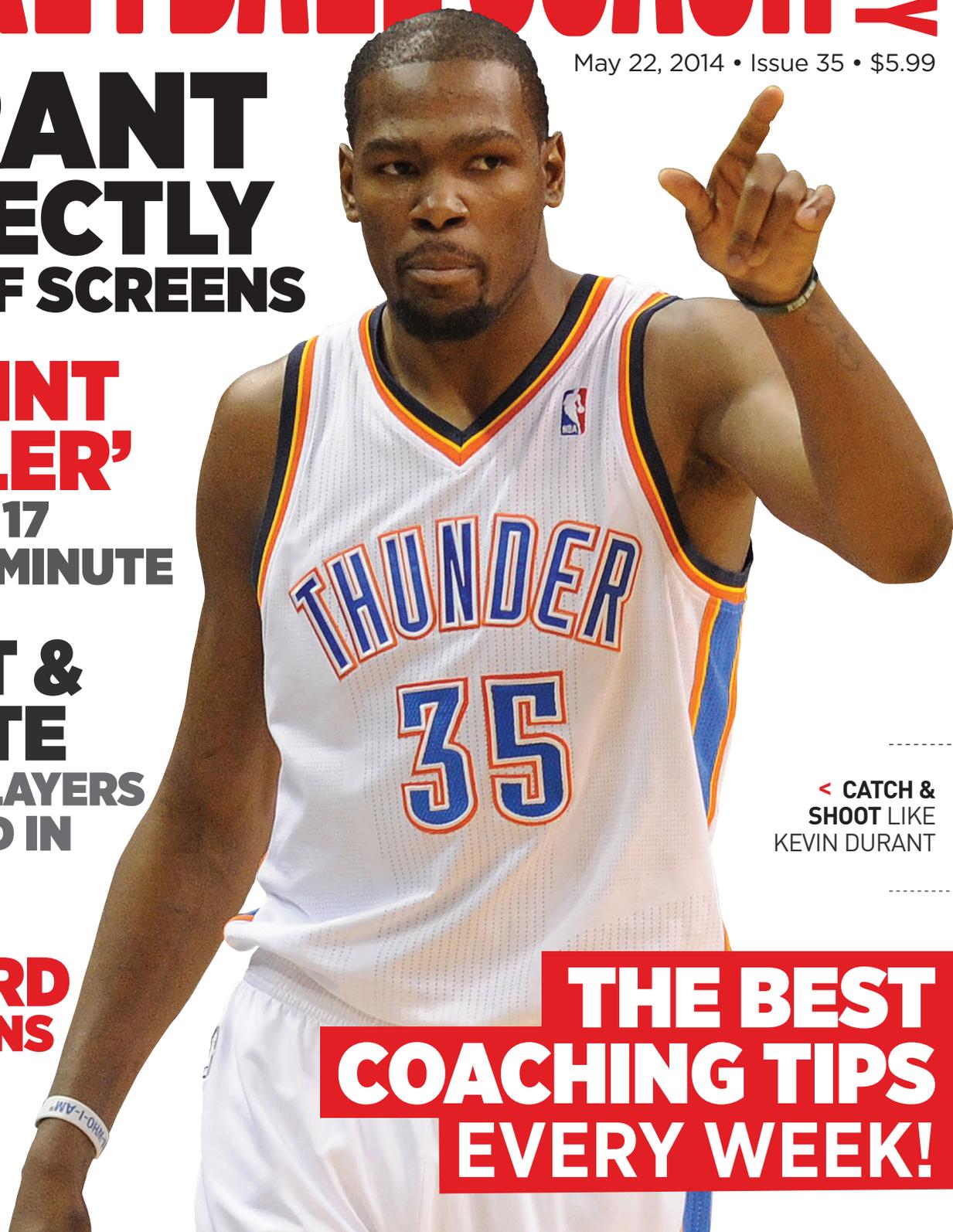
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**DURANT
PERFECTLY
RUNS OFF SCREENS**

**'37-POINT
THRILLER'**
PRODUCES 17
SHOTS IN 1 MINUTE

**TARGET &
EDUCATE**
CURRENT PLAYERS
INTERESTED IN
COACHING

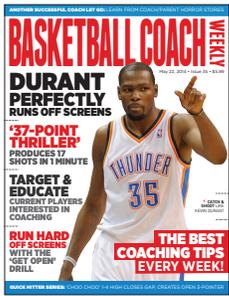
**RUN HARD
OFF SCREENS**
WITH THE
'GET OPEN'
DRILL



< CATCH &
SHOOT LIKE
KEVIN DURANT

**THE BEST
COACHING TIPS
EVERY WEEK!**

Foster a Love of Learning



Basketball Coach Weekly Issue 35

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Sideline Stories

Out of the 16 teams qualifying for the NBA Playoffs, almost half (seven) were coached by people who played in the NBA.

Peel back the onion a bit, however, and maybe it's not all bad news for coaches who didn't achieve high levels of success on the grandest stages. While those seven former NBA players were coaching in the playoffs, only Mark Jackson, Kevin McHale, Jason Kidd and Doc Rivers would be considered "stars" at one point. Rick Carlisle, Terry Stotts and Randy Wittman were serviceable role players.

What's interesting is that of the nine coaches who didn't play in the NBA, the majority of them played basketball at tiny schools. The gyms were small. The crowds were smaller. Frank Vogel (Pacers), Steve Clifford (Bobcats), Dave Joerger (Grizzlies) and Tom Thibodeau all were nowhere near a Division I court. Eric Spoelstra (Heat) and Scott Brooks (Thunder) played at the University of Portland (Ore.) and UC-Irvine respectively...not exactly the glaring spotlight of Duke, Indiana or UCLA.

So what does all this mean for you, the high school or youth basketball coach? While playing basketball is important to understanding the nuances

and the physical toll of the game, being a superstar doesn't necessarily translate into a life in the game when the playing days are over.

Instead, talk to your players and find out who might be interested in coaching down the road. Take some of those players under your wing and let them into your world a bit more. Host a separate film session with them and the assistant coaches. Provide them with some of your detailed game notes. Your 12th man someday could be the person leading a squad into the state playoffs.

While outsiders may see your goals as strictly coming down to wins and losses, you know it's about much more than that. You want to develop a passion

and love of basketball that stays with players throughout their lives. Not everyone can be a star player, but

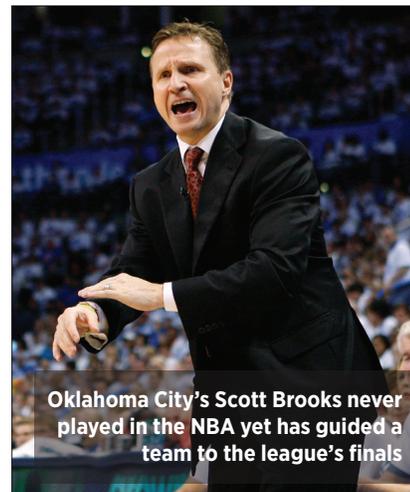
with enough hard work and dedication, a player interested in coaching can work his or her way into this profession.

Start growing your coaching tree now. Teach players what it takes to be a coach – and keep more athletes involved in our great game regardless of their on-court skill set.



Michael Austin
Michael Austin
Editor-in-chief

“Talk to your players and find out who might be interested in coaching down the road.”



Oklahoma City's Scott Brooks never played in the NBA yet has guided a team to the league's finals

In this issue...

3 CREATE BETTER CATCH-AND-SHOOTERS

When your shooters are looking to emulate how to get open, look no further than the movements of Kevin Durant

4 37-POINT THRILLER

17 shots. 60 seconds. Players work on their in-game shooting rhythm by moving quickly between shooting stations

5 GET OPEN DRILL

So much of shooting comes down to getting open first - drill this skill in practice with competitive, constant repetition

6 QUICK HITTER SERIES IV: CHOO CHOO

The final play of the series, the wing moves low, then splits a double screen set by two elbow players for a top-of-key 3-pointer

QUICK HITTER

Parent Problems Persist

As basketball coaches, you are too familiar with the "Parent Problem." It's discussed among peers but once in awhile, you need to see another real-life example to drive home the point that coaching extends beyond the lines on the court.

Last month, Riverside King High

(Calif.) boys coach Tim Sweeney Jr. stepped down from his position after 14 years. He cited problems with the booster club as the reason for his decision as reported by the *Los Angeles Times*.

Sweeney had won three Southern Section titles (including one last season) and a state title during his 14-year reign.

But in an email to the *Times*, Sweeney told of parents in the booster club verbally abusing him, bullying and

questioning his playing time decisions. After 14 years, he had enough.

Taking it one step further, Sweeney called out his school district for not having a plan in place to protect coaches from parents.

You know the trouble meddling parents can play in a program. Now, once again, you see it first-hand. Use your off-season time to reconnect with administration and be sure there is a plan in place if this situation arises with your program. – Michael Austin

When it comes to catch-and-shoot skills, have your players mimic Kevin Durant



Create Better Catch-And-Shooters

Kevin Durant dominates all facets of the game but it's his ability to run off screens and knock down jumpers that sets him apart – improve your players' skills in this area

Run at the highest levels, it's a thing of beauty. Oklahoma City's Russell Westbrook dribbles at the top of the set. Serge Ibaka pins down and screens for Kevin Durant. Durant, the NBA's four-time scoring champ cuts hard off the Ibaka screen, gains an advantage on his defender, places his hands in a perfect catch-and-shoot position, receives the ball and fires a shot in rhythm.

At the youth and high school levels, this type of play may not look as smooth but the result is the same. Your players can't continue to pound the ball into the ground and expect to create an open shot. Today's game is predicated upon shooters curling around hard screens, and catching and shooting before the defense recovers.

While Durant's quick release and 6-foot-9 frame make it easier to shoot over defenders, if your players mimic his effort in gaining possession of the ball, then they have an advantage over the high school or youth defenders they are facing.

Check out the two drills on the following pages. Drew Hanlen of Pure Sweat Basketball provides the details about how to pound these shooting skills in practice. These drills don't feature four players chucking slow-arcing shots at the same rim. They require timing, persistence and all-out effort.

The first is on page 4 and is a pure shooting drill. The shooter catches and shoots quickly then progresses to catching, taking a hard dribble and

stroking a rapid jumper. There are 17 shots to take and only 60 seconds to do it.

On page 5, Hanlen's "Get Open" Drill is featured. The goal is simple – get open. Accomplishing the goal is much more difficult. With the aid of pindown screeners, an offensive player is provided an advantage but if he or she doesn't give all-out effort around the screens, then the advantage goes back to the defender.

Run these two drills on a daily basis and watch your players excel in game-shooting situations. Even during the off-season, these are two great drills for players to run on their own ... and if they need any convincing about the effectiveness of these drills, just cue up some **Kevin Durant footage for them.**

Words by:
Michael Austin

Activities by:
Drew Hanlen, NBA Strategic Skills Coach, owner of **Pure Sweat Basketball**

37-Point Thriller

This fast-paced drill gets up 15 jump shots and 2 free throws in just 1 minute... provided players are hustling for the duration

WHY USE IT

Game situations don't allow players time to think when shooting. This drill pushes players to catch, dribble and shoot in rhythm.

SET UP

Position a rebounder under the hoop to serve as the rebounder. This person starts with the ball. The shooter begins in the right corner. One minute is on the clock.

HOW TO PLAY

The rebounder passes to the shooter. The shooter catches and shoots the 3-pointer in rhythm, then moves to the next spot. There are five spots around the perimeter where the shooter shoots. Each shot is worth 3 points [1]. After taking the final shot of the first sequence in the left corner, the shooter stays there, catches another pass, takes one dribble to the right and shoots the jumper. Again, the shooter moves to all five perimeter spots and completes the same action. These shots are worth 2 points [2]. The drill continues with the player executing the same movements but this time with dribble to the left and pull-up jumper. The drill ends with two free throws worth 1 point each [3].

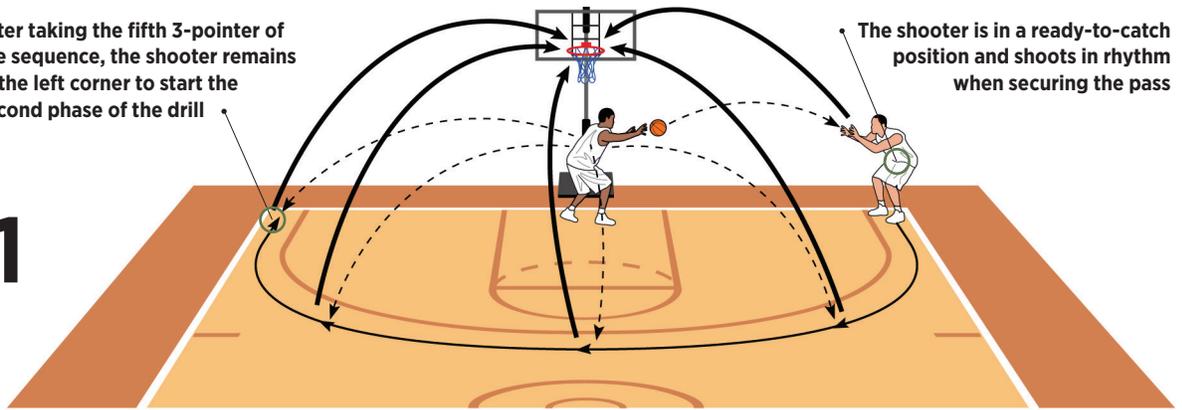
TECHNIQUE

A good goal is 27 points scored out of a maximum 37.

After taking the fifth 3-pointer of the sequence, the shooter remains in the left corner to start the second phase of the drill

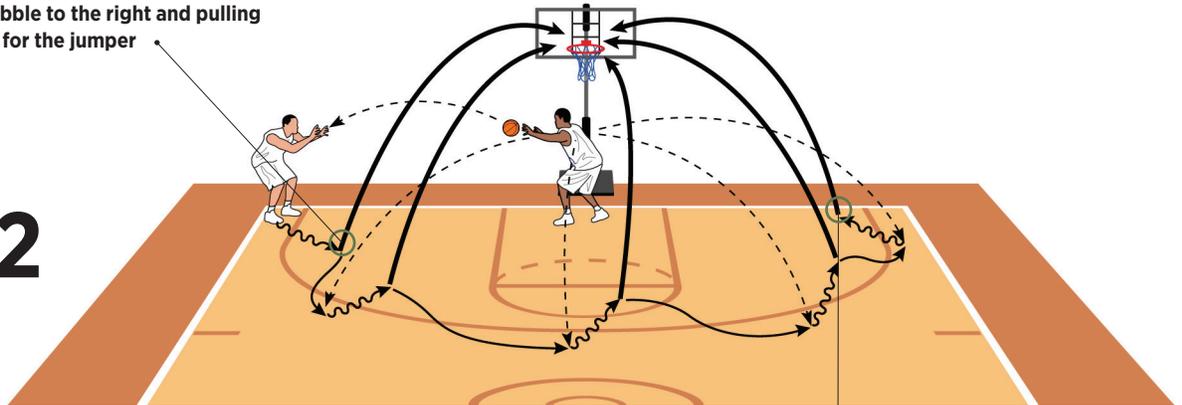
The shooter is in a ready-to-catch position and shoots in rhythm when securing the pass

1



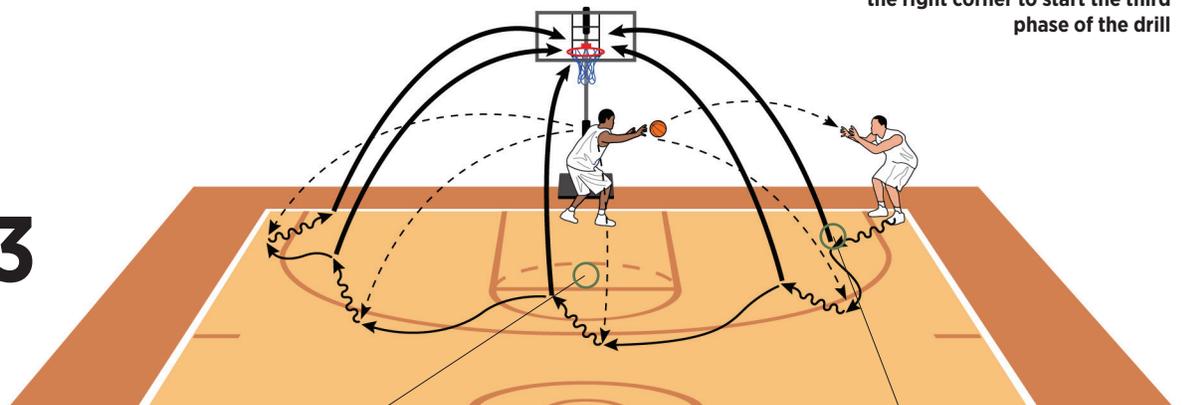
Now the shooter is taking one dribble to the right and pulling up for the jumper

2



After taking the fifth one-dribble-right shot, the shooter stays in the right corner to start the third phase of the drill

3



Upon completion of the five shots in the third phase, the shooter moves to the free-throw line for two shots

Now the shooter is taking one dribble to the left and pulling up for the jumper

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

Get Open Drill

You can have the best shooters in the world but if they can't get open, they're useless - push shooters to come off screens hard and in position with this drill

WHY USE IT

It's going to take well-positioned and -timed screens in games to free your shooters. Don't take this skill for granted - work on it in practice.

SET UP

Place a ball handler at the top who is pressured by a defender. The other offensive player is under the basket who is guarded by a defender in full denial. Position an all-time screener on each side of the lane around the second hashmark.

HOW TO PLAY

The offensive player under the rim tries to get free by using the screeners in any way possible (curl, pop, wiggle, etc.). The defender attempts to deny the pass. If the pass is completed, the ball handler makes a basket cut to the rim [1]. The player currently with the ball now dribbles to the top and remains closely guarded [2]. The player under the basket now tries to get open and receive a pass [3].

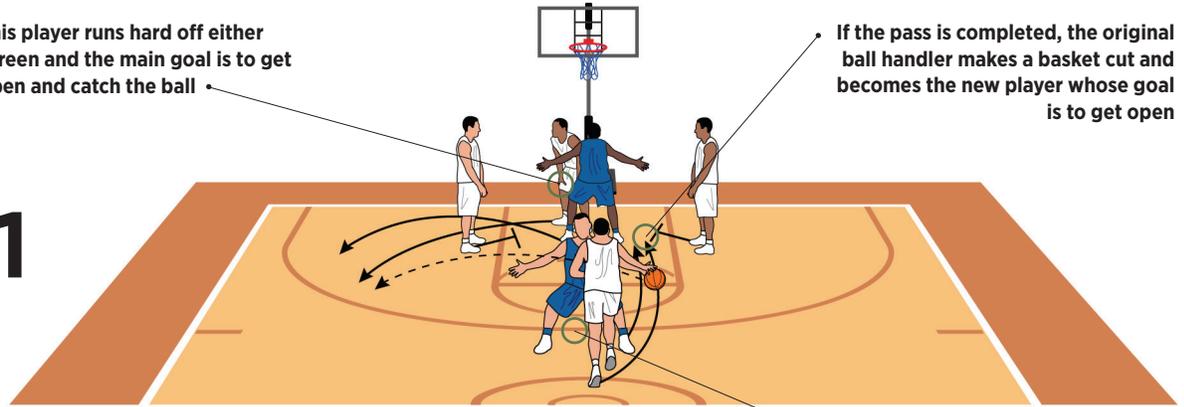
TECHNIQUE

The offense's goal is to complete eight passes in a row. If the players do so, they become the next screeners while the defenders remain on defense. If the defenders get a steal or force a turnover, they become the next screeners while the offensive players move to defense.

This player runs hard off either screen and the main goal is to get open and catch the ball

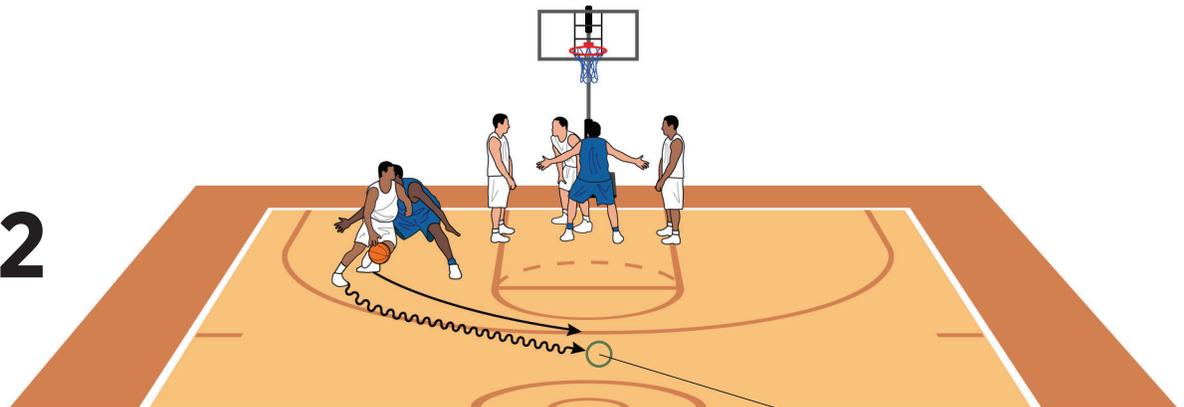
If the pass is completed, the original ball handler makes a basket cut and becomes the new player whose goal is to get open

1



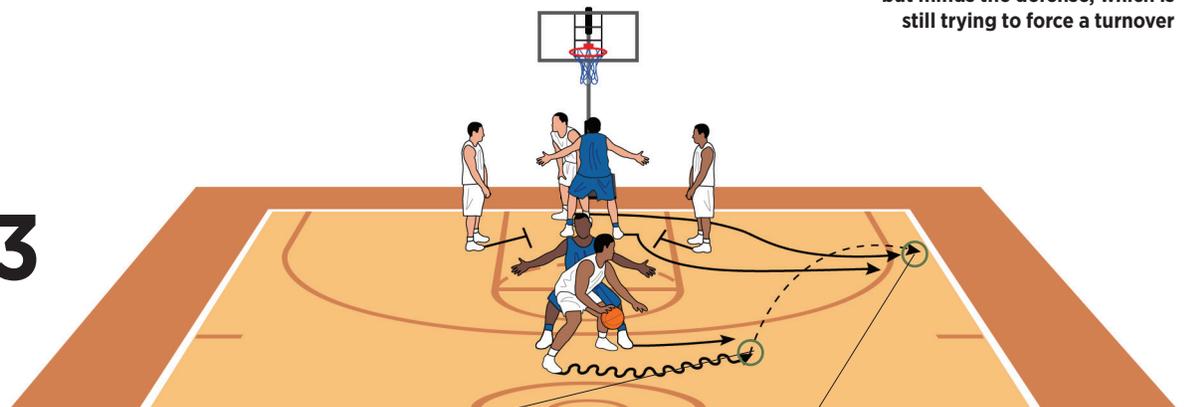
The defender closely guards the ball handler and a five-second violation can be called if the ball isn't moving

2



After catching the pass, the receiver dribbles toward the top but minds the defense, which is still trying to force a turnover

3



Once this pass is completed, the player makes a basket cut as the offense tries to make eight straight completions

The drill forces the offensive players to understand how to use screens - here the defender was forced to go over the top

Player movement →

Ball movement - - - →

Dribble ~~~~~ →

Shot →

Execute Double Screen For Top-Of-Key 3

In this final play of the series, your wing moves low, then splits a double screen set by two elbow players for a top-of-the-key 3-pointer vs. man defense

WHY USE IT

When your shooters are better skilled coming off screens rather than creating off the dribble, use this play to gain separation and an open look at the top of the set.

SET UP

Start in a 1-4 High set. This play is run again a man defense.

HOW TO PLAY

The point dribbles at the right-wing player, who is your shooter. The right wing relocates to the near block giving the look he/she is going to continue low through the lane [1]. The two elbow players pinch into the lane (close the gate) leaving just enough room for the shooter to squeeze through en route to the set's top. The point guard stops the dribble, pivots left and fires a pass back toward the top [2]. The shooter catches and fires a shot in rhythm before a defender has a chance to recover [3].

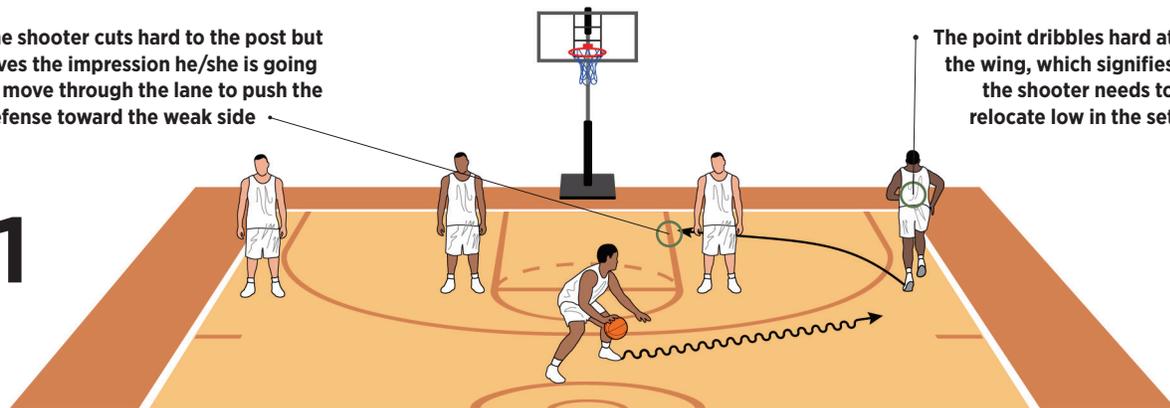
TECHNIQUE

The screeners wait for the shooter to make the high move through the lane. If they pinch in too early, it allows the defense to read the movements, slip the screens and flood the perimeter, which eliminates the open 3-point shot.

The shooter cuts hard to the post but gives the impression he/she is going to move through the lane to push the defense toward the weak side

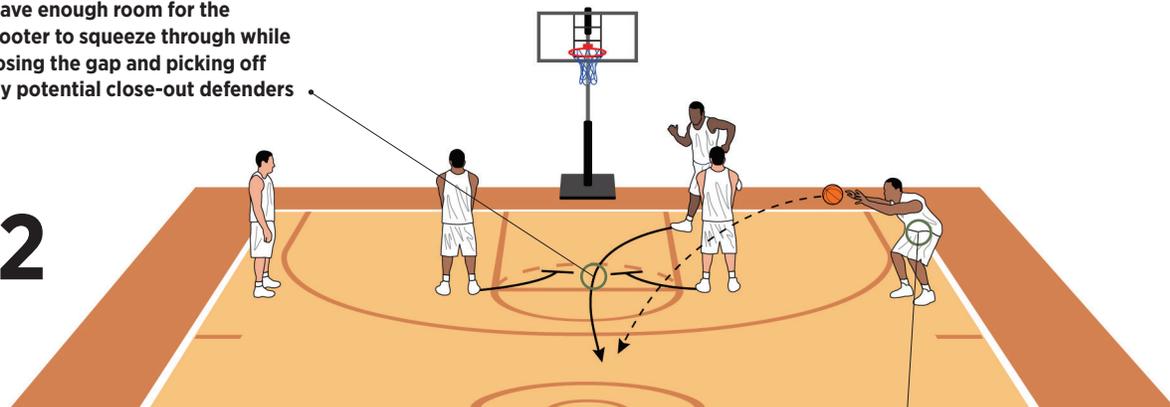
The point dribbles hard at the wing, which signifies the shooter needs to relocate low in the set

1



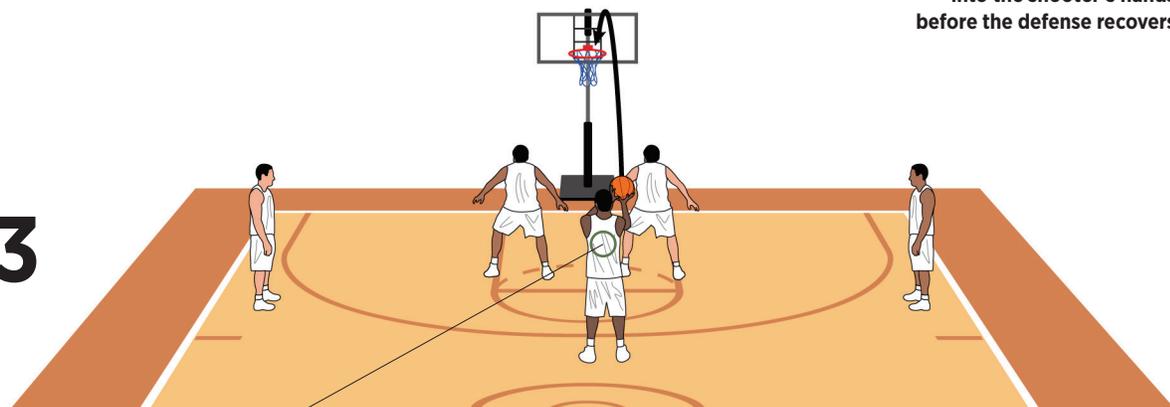
Leave enough room for the shooter to squeeze through while closing the gap and picking off any potential close-out defenders

2



The point stops, pivots and fires a pass to get the ball into the shooter's hands before the defense recovers

3



On the catch, the shooter takes the open 3-pointer without hesitation



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