

CARING COSTS NOTHING, EARNS YOUR PROGRAM MAJOR POINTS

BASKETBALL COACH WEEKLY

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CRASH THE OFFENSIVE GLASS

CRUSH YOUR OPPONENT'S SPIRIT IN THE PROCESS



ANDRE DRUMMOND >
RIPPED DOWN A
LEAGUE-LEADING 5.4
OFFENSIVE REBOUNDS/GAME

BETTER DEFEND LENGTH-OF-COURT 1-ON-1 SITUATIONS

3

DRILLS TO DEVELOP A RELENTLESS REBOUNDING MINDSET

RUN THIS MYSTERIOUS INBOUND PLAY FOR AN EASY BASKET

SEE THE PLAYER POSITIONS WHEN SENDING 4, 3 OR 2 TO THE BOARDS

Caring Costs Nothing, Means Everything



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Sideline Stories

What the NBA did for Isaiah Austin on draft night was amazing. The Baylor forward, certain to be a first-round draft pick, had his world turned upside-down a few days before the biggest night of his life. Austin found out he has Marfan's Syndrome, a genetic disorder causing him to have enlarged arteries and dramatically increasing the likelihood of several health issues if he continued playing basketball. His career is over.

Austin never had a chance to play

“Recognize off-the-court contributions ...”

in the NBA and the league owed him nothing. But, the NBA and commissioner Adam Silver paused halfway through the first round and officially “drafted” Austin into the NBA.

He had his moment. He walked on stage to a standing ovation. His name appeared on the big screen. He shook Silver's hand. He placed a cap on his head bearing the NBA logo.

While Austin's case is a rare one, there is something to learn here for high school coaches. There are times when you are going to run into a situation where a special situation arises. Here are a couple of examples and ideas on how to handle those circumstances.

> 1. Senior Player Suffers Season-Ending Injury. Keep this player involved in your program and be sure he or she

is recognized at all events. Continue to list the player on the roster handed out to spectators at your games. Include the player in Senior Night activities so he or she has that special moment on the court with parents and coaches.

If the player goes above and beyond the call of duty while injured, recognize it at your post-season banquet and maybe even create an award in this player's honor. Award it to someone every year who does more than asked, whether an active player or someone who contributes to the program.

> 2. Former Player Achieves Greatness. Your basketball program is a family, so when players graduate, they still are part of the group. Dedicate one home-game halftime to salute former players who have advanced their career to the college level.

At the same time, recognize off-the-court contributions and show the future holds many possibilities for current players. Host a pre-game ceremony recognizing former players involved in community service or who have made the Dean's List at their current college.

It keeps those previous players involved connected to your community and generates a feeling of good will while simply costing a little bit of time and effort on your part. Show you care and encourage an environment of positive energy in your program.



Michael Austin
Michael Austin
Editor-in-chief



The NBA did right by Isaiah Austin on draft night

In this issue...

3 DOMINATE THE OFFENSIVE GLASS

Convince your players that any of them can become an outstanding rebounder - these drills push that agenda

4 CREATE SECOND CHANCES

Utilize these 3 drills to instill a relentless offensive-rebounding mindset

5 CRASH THE BOARDS

Determine if you want to send 4, 3 or 2 players to the offensive glass then show how this affects transition defense

6 'ALLEY' DRILL TIGHTENS THE COURT

Push players using a 1-on-1, full-court setting and trim the court to give the defender an advantage

QUICK HITTER TRY THIS MYSTERY INBOUND PLAY

This is a goofy looking play, one that seems more addled than confused.

To lighten up a practice, I tried this carousel of a play. I huddled my offense together and explained the simplicity of its movement.

My offensive players posted up on the four corners of the key. Defense

was man-to-man. Staying equally distant from each other, the offense began circling the key on the run. Two times in a row, the offense made simple, uncontested layins.

The third attempt, I improvised and had them run the opposite direction. Bingo! Another simple

layin. It works. It's hilarious.

I never built my nerve up enough to run it in a varsity game. My junior varsity coach used it often and swore by it.

- Excerpt published with permission by Bill Coste, former Oregon high school coach of the year, author, "Basketball Plays, Tricks & Gimmicks"

Dominate The Offensive Glass



Detroit's Andre Drummond is someone to emulate when it comes to offensive rebounding — he led the NBA in this category last season

Convince your players that any of them can become an outstanding rebounder if they are willing to give 100% all the time - these drills push that agenda

“Offensive rebounding is about a relentless mindset. Every shot is a rebound. Go get the ball!” exclaims Kurt Guelsdorf, head coach of the Oregon City (Ore.) girls squad, which won the 6A state title last year. Guelsdorf’s teams flood the offensive glass and work on this skill daily – not just in specific drills but in all aspects of practice.

“When scrimmaging, doing drills, half-court defense, whatever, give the offensive team two points (or develop your own scoring system) for every offensive rebound,” Guelsdorf explains. “By rewarding the offensive rebounds, the players start to perform the skill. With poor offensive-rebounding teams, we’ve done that from Day 1 of practice.”

Guelsdorf teaches four skills when it comes to offensive rebounding:

1 SPIN FOR POSITION
The player makes contact with the defender’s back, spins and gets inside position (or at least even position). See the first diagram on page 4.

2 FAKE OUT
The offensive player takes a step in one direction to move the defender, then executes a swim or up-cut move to gain position. See the second diagram on page 4.

3 BACKSIDE DOMINANCE
“Seventy percent of misses go long, so own the backside,” Guelsdorf explains. “If you can’t get inside, sometimes the best spot is to use the lower body and move the defender too close to the rim, then establish position for the long

rebound on the backside.” See the third diagram on page 4.

4 FORM A TRIANGLE
Guelsdorf wants offensive rebounders at least to occupy the backside and middle spots near the rim, but ideally he wants a triangle formed with a third potential rebounder. And, due to the aggressive nature of his style of play, Guelsdorf also wants a fourth rebounder at the foul-line area for tipped balls.

Guelsdorf admits crashing four players to the glass is risky but his teams press on a make or miss, so it suits his style. “Our daily work on zone traps allows us to transition quickly from offense to defense and prevents easy shot attempts. Plus, we want the opponent to play fast, so we don’t mind them speeding up the game.”

Words by:
Michael Austin

Activities by:
Kurt Guelsdorf, head girls coach, Oregon City High School (Ore.)

Create Second Chances

Offensive rebounding comes down to a relentless mindset - use specific practice drills to hammer home this point

WHY USE IT

Offensive rebounds set up second scoring opportunities and demoralize a defense.

SET UP

There are three drills listed with the first two featuring two offensive and defensive rebounders with one coach shooting. Add a second coach for the third drill.

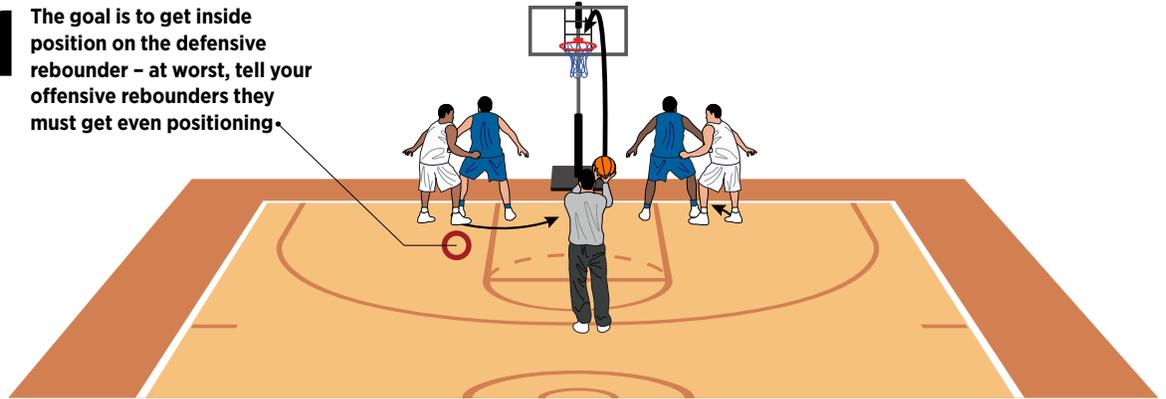
HOW TO PLAY

The first drill works on spinning off the boxout and trying to get inside the defender. Shoot the ball and have both offensive rebounders make contact with the boxing-out defender, spin and try to gain position or at least get even [1]. The second drill runs the same but the offensive rebounders fake in one direction to mislead the defender, then use a swim move or an up-cut move to beat the arm bar and get inside position [2]. The final drill works on securing the backside. A coach shoots from each side and the offensive players use their lower bodies to push defenders so close to the rim they can't get the bouncing ball [3].

TECHNIQUE

Determine a point system for the drills and if the offensive rebounders win, reward them. Entice them to fight for every rebound and it will translate to games.

1 The goal is to get inside position on the defensive rebounder - at worst, tell your offensive rebounders they must get even positioning.



2

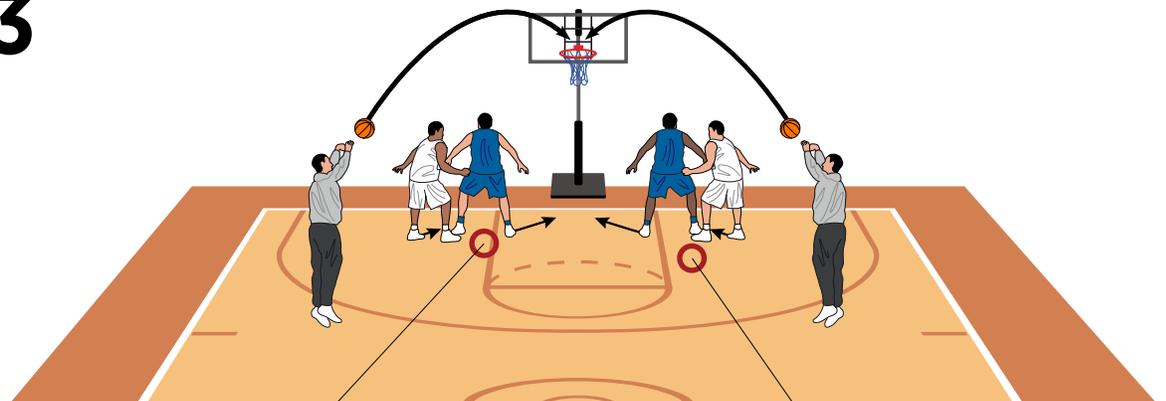
A hard step in this direction sometimes moves the defender away from where the offensive rebounder wants to go



3

Use the lower body and push this player so close to the rim that he/she has no chance to secure the rebound

Secure the backside of the rebound - 70 percent of misses go long



Crash The Boards

Determine if you want to send four, three or two players to the offensive glass then show players how this affects transition defense

WHY USE IT

Establish the best offensive-rebounding plan for the makeup on your team rather than simply allowing players to crash the boards or drop back as they see fit.

SET UP

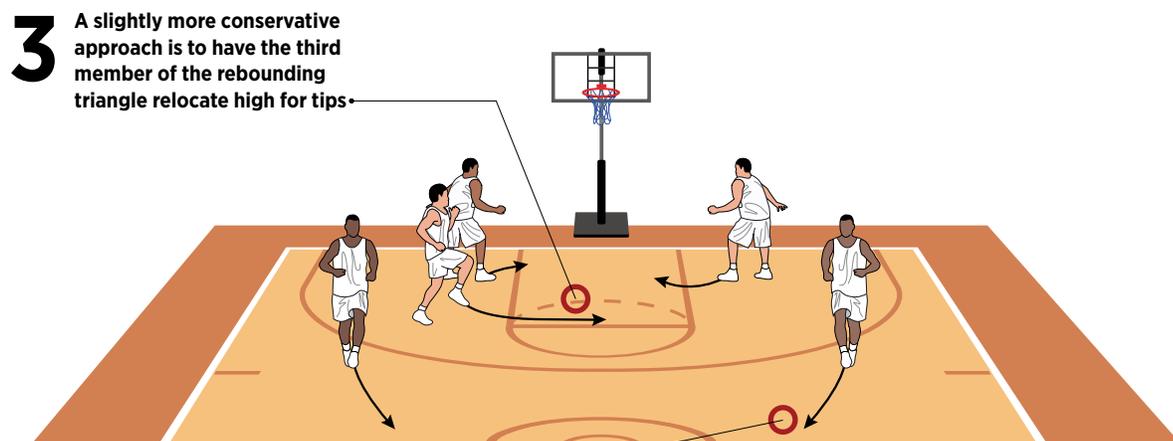
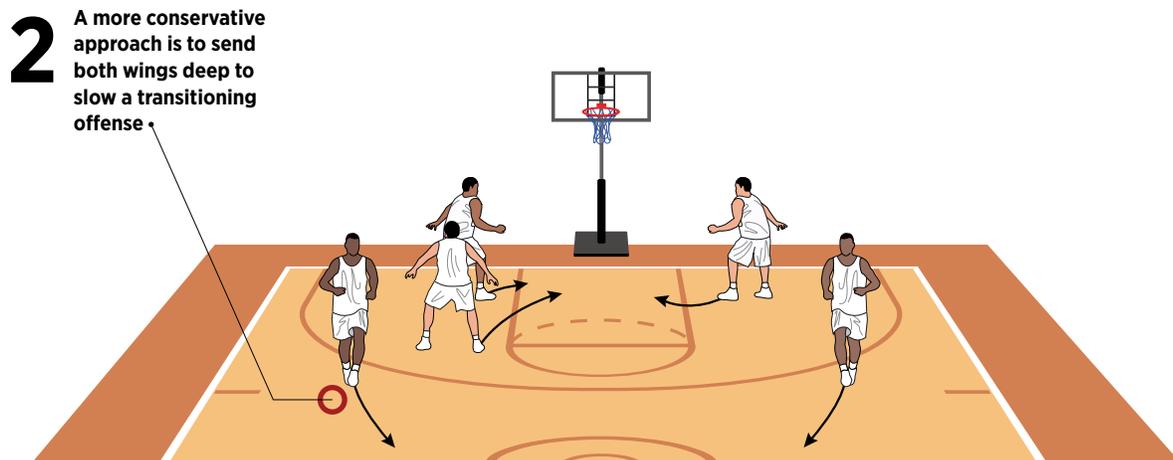
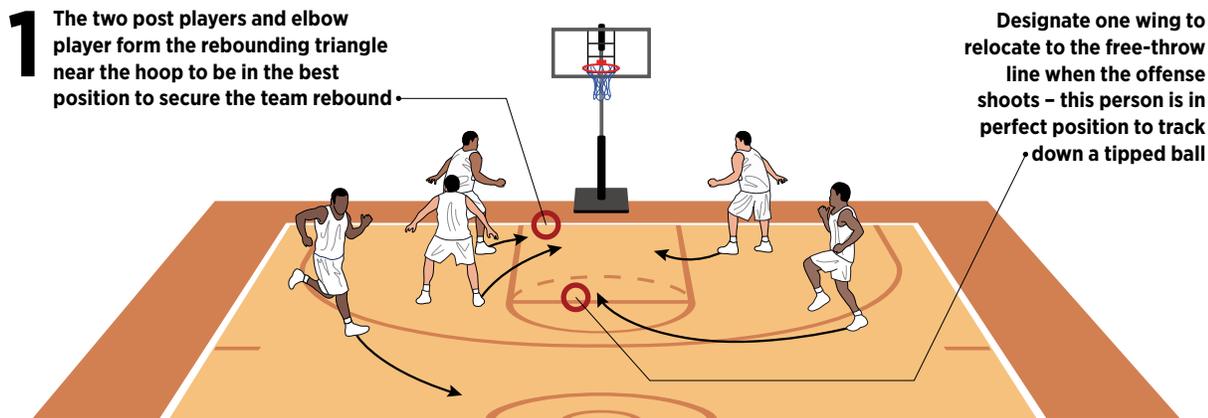
Have two players near opposite blocks, one at an elbow and two spaced on the wings.

HOW TO PLAY

The first diagram shows how a team goes after offensive rebounds with four players. The two post players go to the glass and the elbow player drops low forming the rebounding triangle around the hoop. A wing relocates to the free-throw line for any tipped balls [1]. A team sending three rebounders has the same rebounding triangle formed as the previous diagram but both wings retreat in this instance [2]. Some teams may opt to only send two players to the offensive glass. The elbow player in this case relocates to the free-throw line for tips [3].

TECHNIQUE

Guelsdorf's teams press and take chances, so they send four. It's risky as a quick outlet creates an easy layup at the other end. More conservative coaches only want to send three or just two players to the glass so defensive transition is easier.



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

'Alley' Drill Tightens The Court

Push players using a 1-on-1, full-court setting and give the defense the advantage by trimming the boundaries to the free-throw-lane width

WHY USE IT

Defenders need to learn the best methods to guard a ball handler in a potential length-of-the-court situation. Ball handlers never have the entire court at their disposal, so show defenders they have an advantage by squeezing the boundaries.

SET UP

The offensive player is not allowed to go outside the width of the key – this rule pertains to the entire floor length.

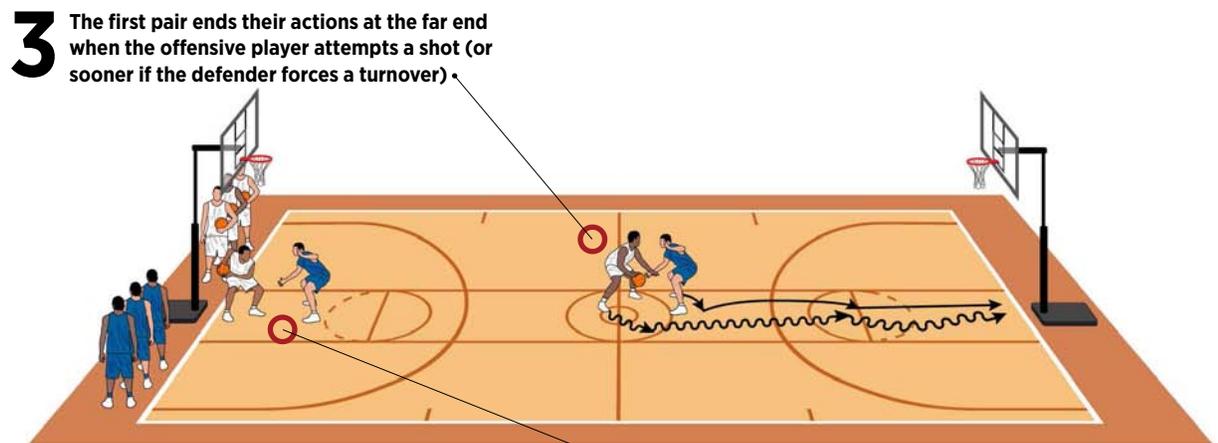
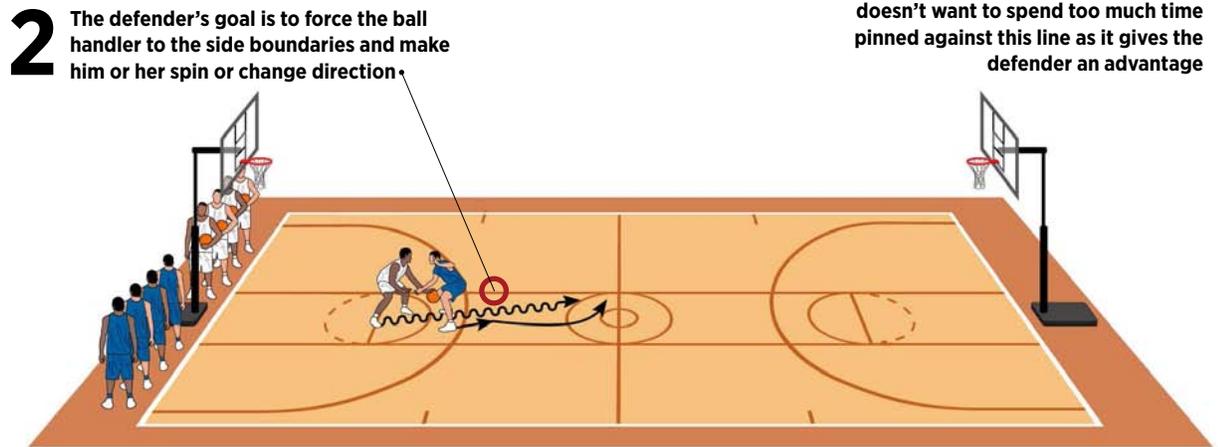
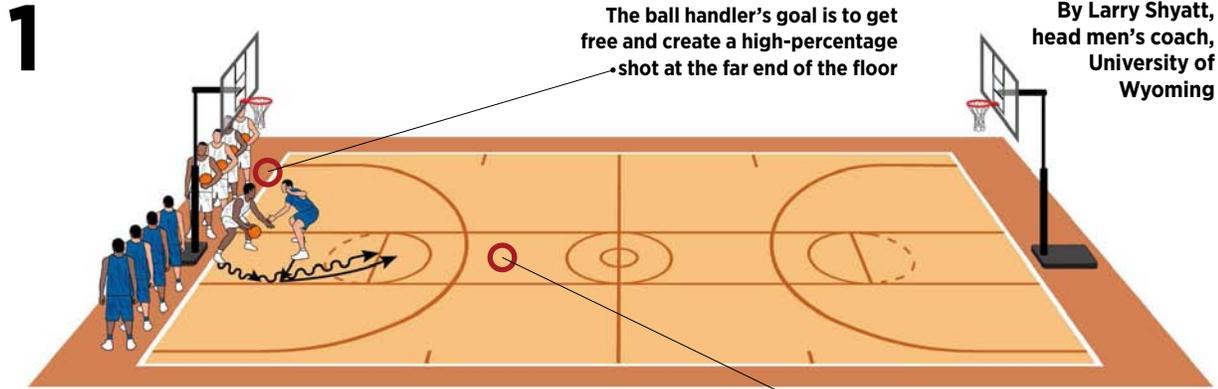
HOW TO PLAY

The first pair of players start the action. The ball handler's goal is to beat the defender the length of the court while staying within the lane width [1]. The defender slides and cuts off angles wherever possible. The defender's goal is to force the ball handler to pick up the dribble, or force a turnover by stealing the ball [2]. Once players reach the far basket (the offensive player attempts a shot when close enough), the next pair take to the floor [3].

TECHNIQUE

"We want our players to think they always have the advantage on defense," Shyatt says, which is why he likes this drill. Only using the "inner third" of the court places pressure on the offense.

By Larry Shyatt,
head men's coach,
University of
Wyoming



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

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