

ADD THIS SIDELINE GAME-WINNER TO YOUR PLAYBOOK RIGHT NOW!

BASKETBALL COACH WEEKLY

Learn • Train • Develop • Enjoy

September 4, 2014

Issue 50

\$5.99

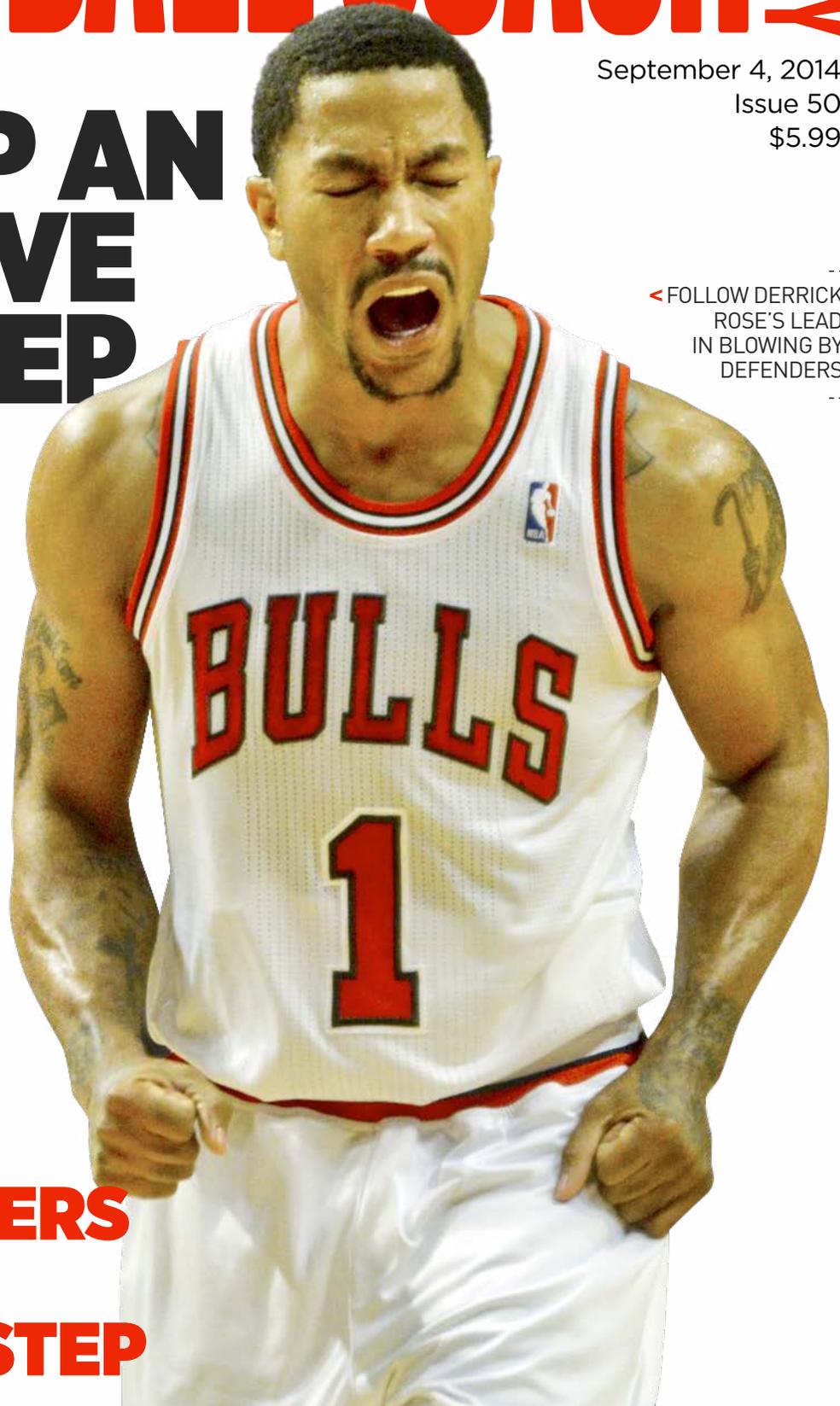
DEVELOP AN EXPLOSIVE FIRST STEP

< FOLLOW DERRICK ROSE'S LEAD IN BLOWING BY DEFENDERS

GRAB A SEAT & DRIVE TO THE HOOP

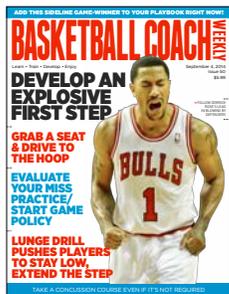
EVALUATE YOUR MISS PRACTICE/ START GAME POLICY

LUNGE DRILL PUSHES PLAYERS TO STAY LOW, EXTEND THE STEP



TAKE A CONCUSSION COURSE EVEN IF IT'S NOT REQUIRED

Take A Concussion Class, Even If It's Not Required



Basketball Coach Weekly
Issue 50

Basketball Coach Weekly
9325 SW Iowa Drive
Tualatin, OR 97062

Editor-in-chief
Michael Austin
michael.austin@basketballcoachweekly.com

Contributors
Justin Duke

Illustrations
Mike Renwick

Pictures
Action Images

Designer
Sam Esward

Publisher
Kevin Barrow
kevin.barrow@greenstarmedia.net

Customer Services
Duncan Heard
duncanh@basketballcoachweekly.com

Managing Director
Andrew Griffiths



(c) Green Star Media Ltd.
All rights reserved.

Click [here](#) to read the full disclaimer.

To subscribe to Basketball Coach Weekly please contact Duncan Heard at Green Star Media Ltd, Meadow View, Tannery Lane, Bramley, Guildford GU5 0AB, UK.

You can contact Duncan via Skype at basketballcoachweekly or via email at duncanh@basketballcoachweekly.com

Sideline Stories

It's fall, which means I'm deep into coaching my daughter's second-grade soccer team. Last year I focused on making sure all players knew at which goal we were scoring, why they all can't take a corner kick at the same time and to wait until after the game to hound me for the post-game snack. The thought of any of these kids sustaining a head injury wasn't anywhere close to my list of concerns.

"The digestible, in-depth tidbits hit all the major points ..."

But, as an Oregon resident and coach, I'm affected by the newly passed Oregon Senate Bill 721, which took effect on January 1 of this year. It requires all non-school athletic coaches to understand how to recognize and respond to possible concussions. I was required to take the concussion course for coaches offered for free online via the National Federation of State High School Associations (nfhs.com).

I spent slightly less than an hour listening to and following the online course. It provided a wealth of information in easy-to-understand, short video snippets. This format worked well because you weren't listening to 60 straight minutes of a lecture. Despite all the information coming from the same source (Dr. Mick Koester of the NFHS Sports Medicine Advisory Committee

and the director of the Slocum Sports Concussion Program in Eugene, Ore.), the digestible, in-depth tidbits hit all the major points without wasting time on the fluff.

As a journalist, I've covered the ongoing developments in concussion management at previous publications, so I was well aware of the information within the course. I even have interviewed Dr. Koester previously for an article. But, for a new coach, or one at a younger level of competition who isn't giving consideration to head injuries, this is a useful course.

I contend even if it's not required of you in your state, go ahead and check it out. While second-grade girls typically aren't the most prone to head injuries, you never know when two players are going to run full speed into each other. Or, as a friend of mine who coaches third-grade boys has suggested, his players all are trying to head the ball after watching a summer of World Cup games.

For basketball coaches, you know head injuries are part of our game. Inform yourself. Set aside an hour and take the free course. And, be sure to discuss this topic with players' parents as well - this shows them you are looking out for your children and also covers you in case a potential head injury does occur and you need to sit out the players in question.



Michael Austin
Michael Austin
Editor-in-chief



No matter the age group you are coaching, be informed on head injuries

In this issue...

3 BEAT THE DEFENDER WITH ONE DRIBBLE

An explosive, quick first step provides your players with a huge advantage

4 GRAB A SEAT, GET BETTER OFF THE DRIBBLE

Place a ball on a chair at the 3-point line and see if players can get to the hoop in a single dribble

5 LUNGE DRIBBLE BUILDS EXPLOSIVE FIRST STEP

The Lunge Drill is going to hurt ... but it's going to help develop explosiveness and stronger leg muscles in the process

6 FLARE SCREEN FREES 3-POINT SHOOTER

In a sideline out-of-bounds situation, this play utilizes a flare screen and cross-court pass to create an open 3-point try

QUICK HITTER NO PRACTICE, NO START

When Derrick Rose needed to sit out a couple practices prior to a Team USA scrimmage a couple weeks ago, fans were concerned the superstar's knee was acting up again. From a coaching standpoint, I learned that coach Mike Krzyzewski has a policy of if you don't practice the day before a game, you don't start.

This is a perfect policy for your

team as it shows players there are consequences of missing practice and how much you value practice time. It forces players to listen closely to their bodies and make a determination about how much they hurt before they decide to take a day off.

Plus, it requires thinking on a player's part about missing a practice due to personal reasons.

Sure, life comes up sometimes and basketball has to take a backseat to major life events, but that also means players see the consequences of their actions.

Not starting doesn't mean not playing, but it's an easy-to-implement policy to keep players active in every session throughout the season.

- Michael Austin

Derrick Rose possesses one of the quickest first steps in the game - drill this skill at practice



Beat The Defender With One Dribble

An explosive, quick first step provides your players with a huge advantage over a reacting defender caught on his/her heels

It looks natural to the best players in the game. Watch Chicago's Derrick Rose or Cleveland's LeBron James. In a 1-on-1 situation, a defender almost is helpless as Rose or James explodes off one dribble. They cover so much ground so quickly, it seems impossible only one dribble was used.

Your players have the ability to do the same ... maybe not at Rose's or James' level, but gaining a top-notch first step and dribble at the youth or high school level places your entire offense in a scoring situation. Once the ball handler gains an advantage on the first step, other defenders are forced to help, which

leaves shooters open and wider lanes for cutters going to the hoop.

Justin Duke, a varsity girls basketball coach in Oregon (Scio High School), a student of the game and frequent contributor to *Basketball Coach Weekly*, provides some fantastic insight into how to improve your players' first steps and he suggests using the two drills on the next two pages.

The first is the Chair Drill. The goal of the drill is for the player to grab the ball, explode forward, take one dribble and cover the distance from the chair (at the 3-point line) to shooting a layup. At first, expect players to come up well short of

the layup goal. But, as players continue to work on this skill, instead of pulling up for a mid-range jumper in the lane, they are laying the ball off the glass for a layup.

Once they get the hang of the skill, add in a pump fake as soon as they pick up the ball to focus on utilizing fakes yet still exploding off the first dribble to get into a scoring position.

The second drill is the Lunge Drill. Players dribble and lunge forward with the ball-side leg as the trail leg almost drags on the ground. This develops low-dribbling skills while building leg muscles to aid in a more powerful first step.

Words by:
Michael Austin

Activities by:
Justin Duke, head girls coach, Scio High School, Scio, Ore.

Grab A Seat, Get Better Off The Dribble

Only allow one dribble to get to the hoop after grabbing the ball off the chair to develop an explosive, fast first step

WHY USE IT

Too often players look indecisive with the ball in a game - give them a lot of first-step repetitions in practice so they are better prepared to attack in game situations.

SET UP

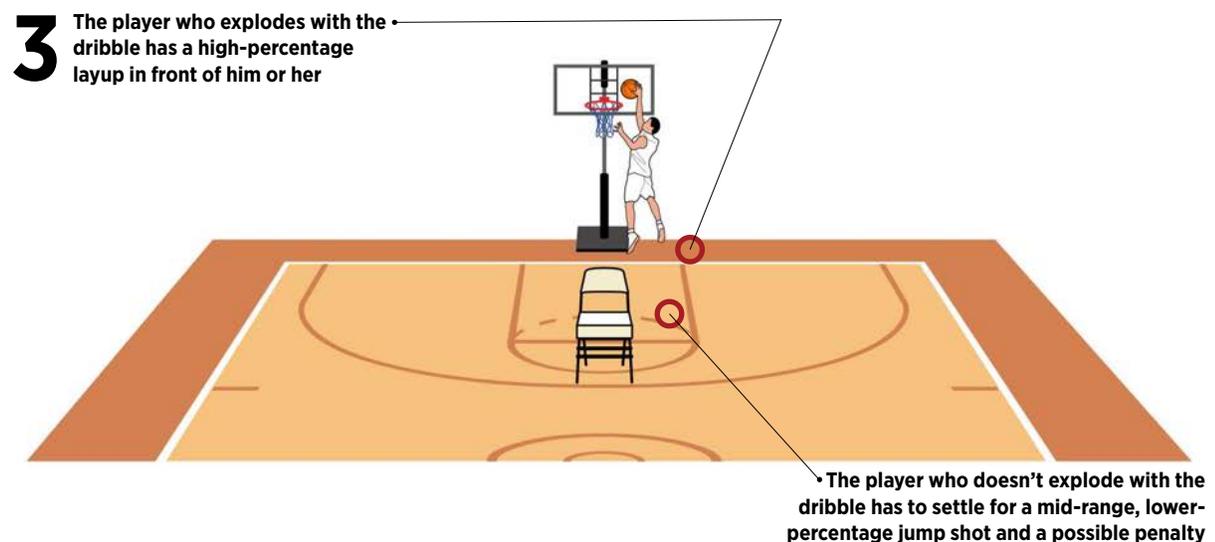
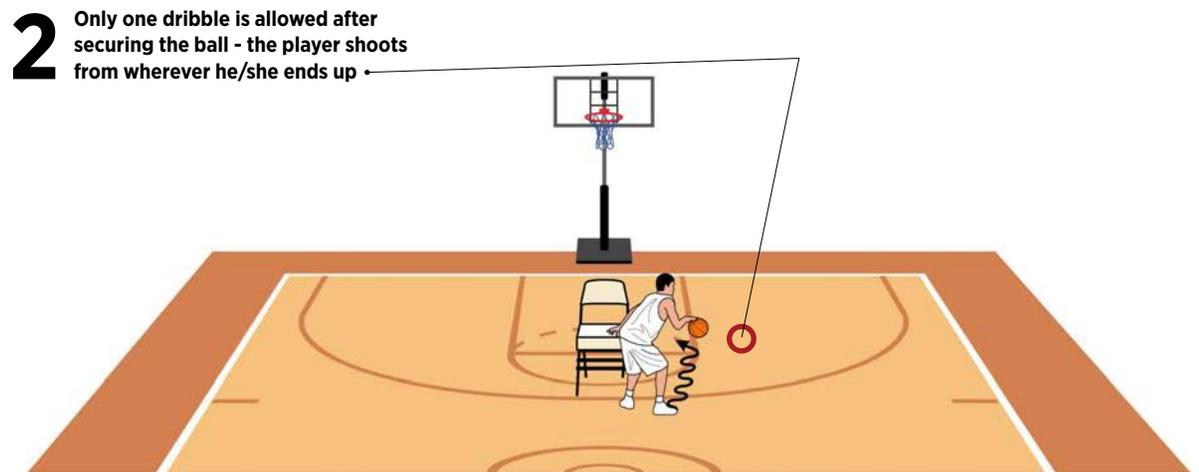
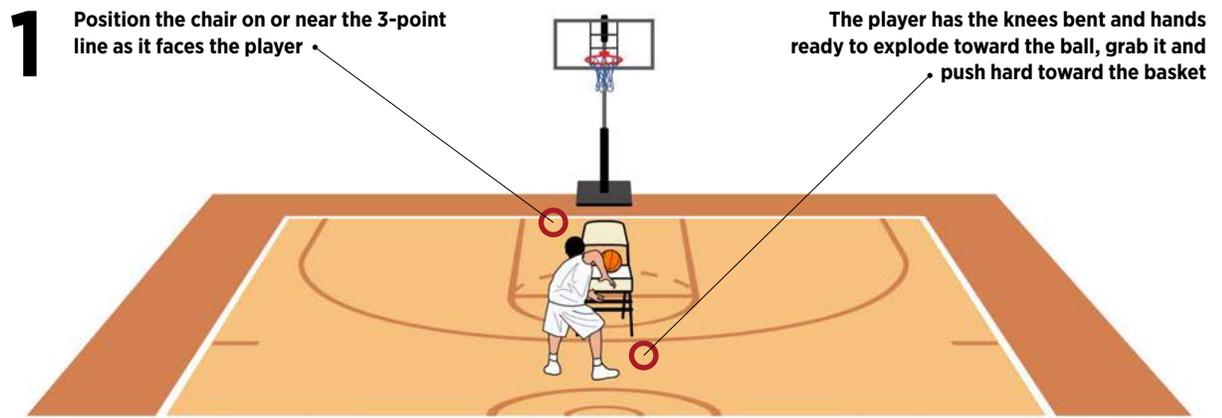
Place a chair near the 3-point line at the top of the key. Place a ball on the chair facing the player. The player is in a basketball position with knees bent and hands ready to grab the ball [1].

HOW TO PLAY

Snatch the ball off the chair and attack the basket. The player only is allowed one dribble. If the dribble isn't explosive enough, then the player isn't close enough to the basket to shoot the layup [2]. When the dribble is explosive, the player plants off the left foot and surges toward the hoop completing a power layup [3].

TECHNIQUE

Players quickly learn they must explode with the only dribble they are allowed or be forced to shoot 10 feet from the basket. Institute a penalty for a missed shot, which makes getting to the basket and creating a higher-percentage shot all more worthwhile.



Lunge Dribble Builds Explosive First Step

Dribble with one hand and lunge forward as the back leg's knee almost touches the ground - it's going to hurt ... but it's going to help develop explosiveness

WHY USE IT

Players need more drills in which they are exploding through their dribbles while also working on staying low. Both of these skills lead to more useful first dribbles to place a defender on his/her heels.

SET UP

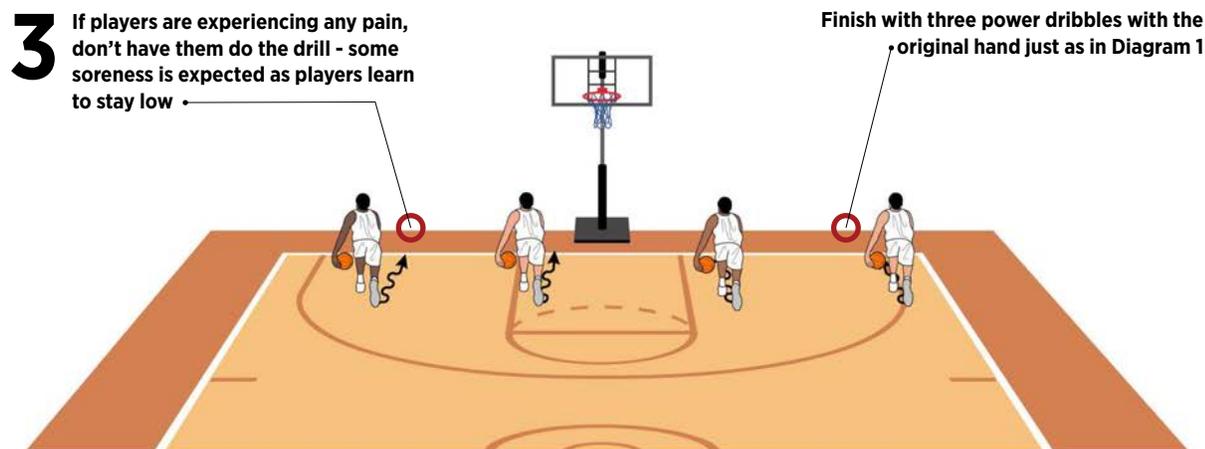
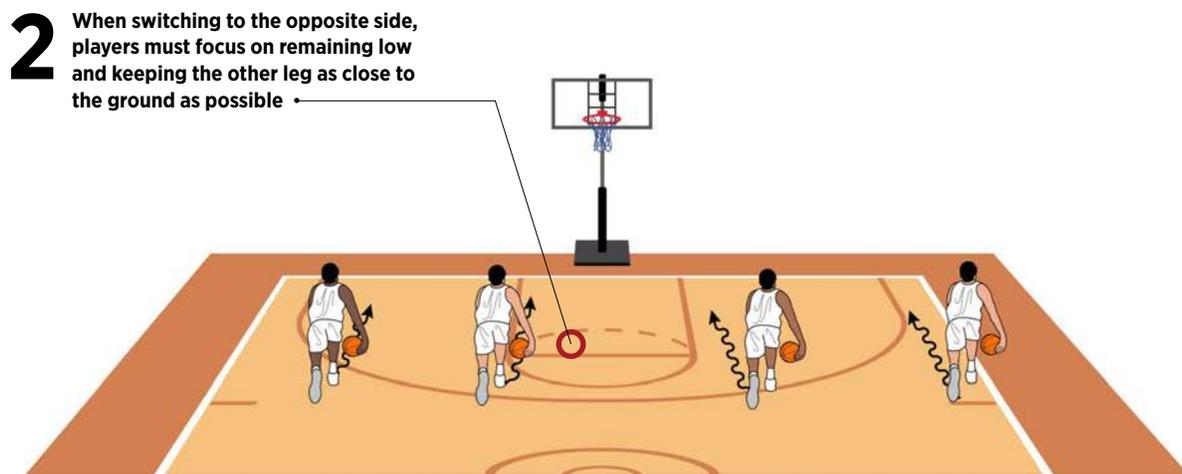
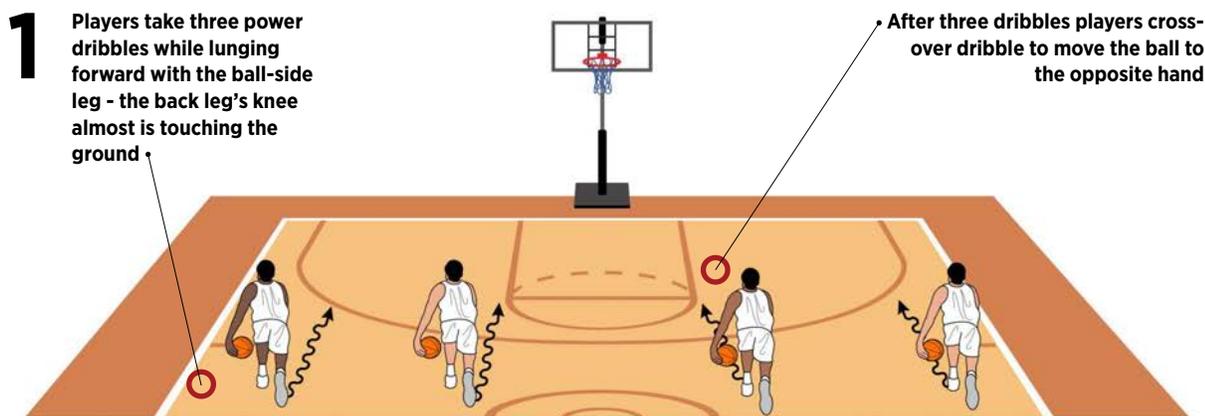
Line up several players along the mid-court line. Give them all a ball and have them face the baseline.

HOW TO PLAY

Start with the ball in either hand (in this example it's the left). Take three power dribbles and lunge forward with the dribbling-side leg. The back leg's knee should almost touch the ground [1]. After three dribbles, players cross-over dribble and use the opposite hand to complete the three power dribbles [2]. Cross back and finish this segment with the ball in the original hand [3].

TECHNIQUE

Players must be stretched out and warmed up before this drill or they will pull hamstrings. If players feel any tightness or discomfort, then don't do the drill that day. Players will be sore afterward but this is the best drill for building strength and power.



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

Flare Screen Frees 3-Point Shooter

When time is running out, run this play requiring a high flare screen, a cross-court pass and a shot taken in rhythm before the defense recovers

WHY USE IT

This is the perfect play to run with three seconds or fewer remaining on the clock and when you desperately need an open 3-pointer.

SET UP

The point guard (1) takes the ball out of bounds while the other four players align in a box set. The best shooters are at the ball-side elbow and weak-side block. Place a post at the weak-side elbow and another on the ball-side block [1].

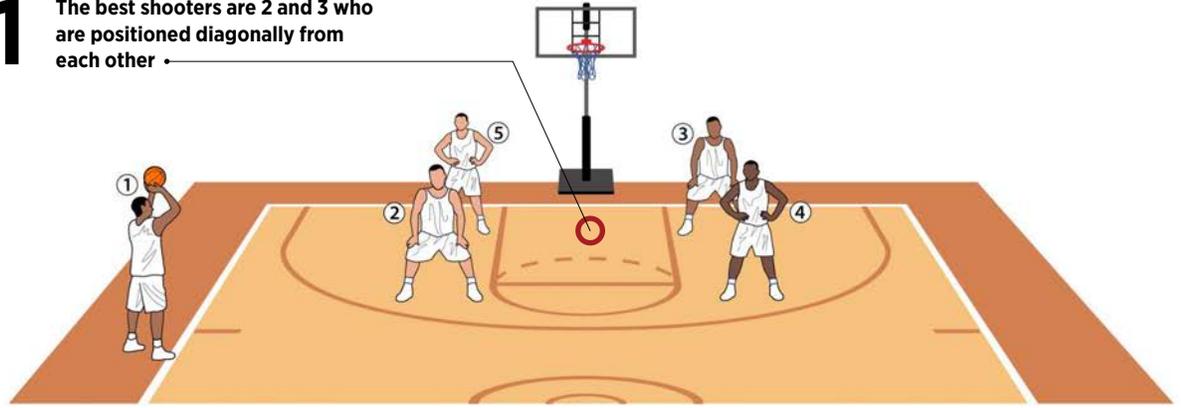
HOW TO PLAY

2 screens diagonally low for 3. 3 flashes toward the ball. 4 then comes high and sets a flare screen freeing 3 moving to the opposite wing. 5 steps into the lane and screens for 2, who locates to the near corner [2]. The first option is to pass to 3 coming off the flare screen. Also look for 2 in the corner if open. 4 and 5 get into rebounding position after setting their respective screens [3].

TECHNIQUE

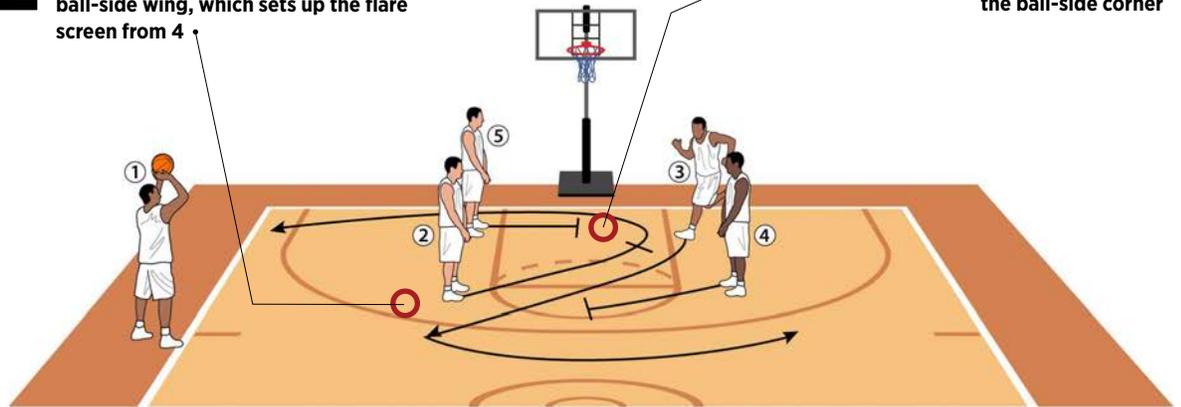
3 needs to sell that he or she is coming for the ball on the initial screen as this sets up the defender to be picked off by 4 on the flare screen. 5 must clog the lane to pick off 2's defender so there are two inbound options.

1 The best shooters are 2 and 3 who are positioned diagonally from each other

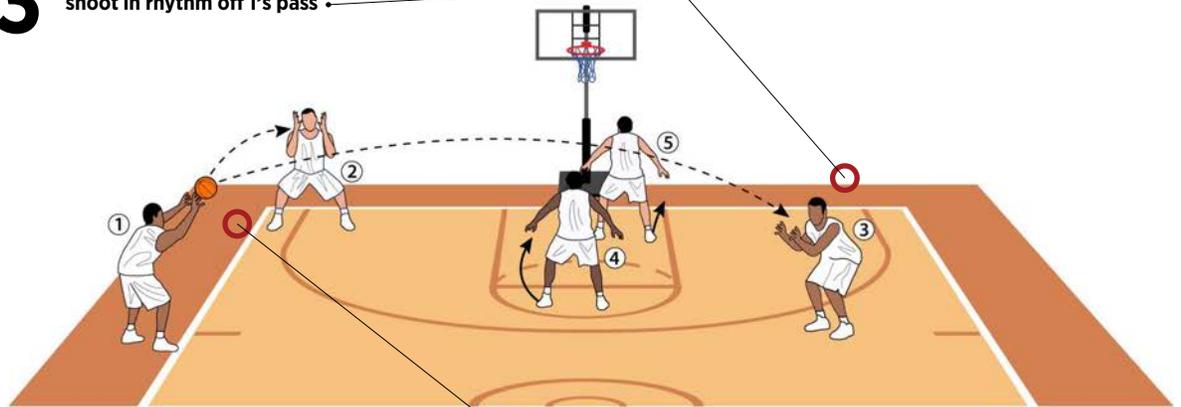


2 3 comes hard toward the ball and sells the idea the pass is coming to him on the ball-side wing, which sets up the flare screen from 4

After setting the downscreen for 3, 2 curls hard off 5's screen to come free in the ball-side corner



3 The first option is 3 to catch and shoot in rhythm off 1's pass



A perfectly useful second option is 2 coming to the near corner for an open 3-pointer



You can now view your issues of *Basketball Coach Weekly* from Apple's Newsstand



- ✓ Get your copies of *Basketball Coach Weekly*, on your iPad or iPhone
- ✓ Prepare your coaching session on the go
- ✓ Take *Basketball Coach Weekly* sessions on to the practice court on your iPad or iPhone
- ✓ Always have a variety of sessions available to you

To find out how to get your copies of *Basketball Coach Weekly* on your iPad or iPhone just click bit.ly/bcwpad