

BASKETBALL COACH WEEKLY

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SECONDARY BREAK

STREAK PAST
RETREATING
DEFENDERS

'COMBO' DRILL
COVERS IT ALL

IS THE TRIANGLE
A USEFUL
OFFENSE FOR
YOUTH PLAYERS?

RUN A PAIR OF HIGH
SCREENS TO SET UP
BACKDOOR LOB



< ROY WILLIAMS
EXPLOITS NUMBERS
ADVANTAGES ON
OFFENSE

Retreats Test Trust, Leadership



Basketball Coach Weekly
Issue 51

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9325 SW Iowa Drive
Tualatin, OR 97062

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

Contributors
Drew Hanlen

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



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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

Teenagers do stupid things. You can have codes of conduct in place. You constantly can talk to parents about the decisions their children make. You can speak to players about their decision-making. But, sometimes, teenagers do stupid things. It's up to you to enforce your rules, hold people accountable and hopefully scare the next group of boundary-pushers into following protocol.

In my area, a local high school football team, Lake Oswego High (Ore.), **just went through this process.** Despite going on a preseason senior retreat with players for years (without issue) and despite having all players sign a code of

“Is it the coaching staff’s fault for leaving players alone after midnight?”

conduct, the head coach had to deal with suspending 10 of his players (including nine projected starters) for four weeks for “conduct detrimental to the team” during the retreat. It was being reported some of the players had smoked marijuana.

The incident occurred after midnight when several of the players remained awake talking by the campfire. The coaches had gone to bed but one coach smelled the marijuana and confronted the players about it.

There is some debate in the town about responsibility and who is at fault here, which pertains to you as basketball season inches closer and you consider taking one of these retreats. Is it the

coaching staff’s fault for leaving players alone after midnight? Is it the players’ fault for making a poor choice?

For me, this falls on the players. This is a senior retreat, meaning you are dealing with 17- and 18-year-olds. Part of the retreat’s point is to come closer as a group and as a team. You remember being with friends back then - the most poignant, influential, bonding moments always seem to come in the dark of the night, when adults aren’t monitoring your every move and you are free to express your thoughts (although my friends and I managed to do this without marijuana).

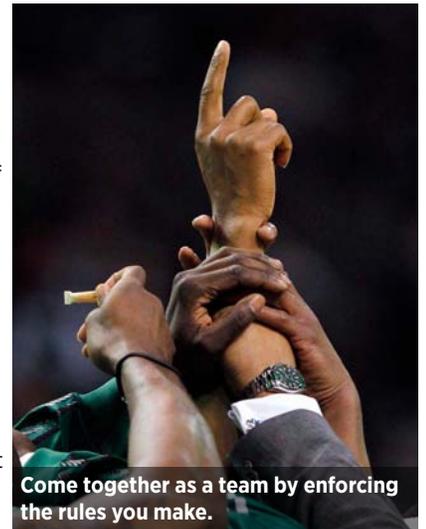
I applaud the head coach here. Think about it - how easy could it have been to confiscate the marijuana, read the players the riot act ... then return home

and not say a word to school staff about it? Instead of having to suspend nine starters for four games, this coach could have taken the easy way out and swept it under the rug. He didn’t.

He showed players their actions have consequences and choices made in the dead of night when no one else is around still can come back to haunt you. Remind your players of the same this preseason and trust they make the correct decisions.



Michael Austin
Michael Austin
Editor-in-chief



Come together as a team by enforcing the rules you make.

In this issue...

3 KNOW WHEN A SECONDARY BREAK IS RIGHT FOR YOUR

If your team is capable of taking advantage of numbers against a retreating defense, install secondary-break sets

4 HIT THE TRAILER FOR A BACKDOOR LOB

Use the strong-side lane to draw focus away from the backside, which is where the pass eventually is going

5 BACKDOOR SCREEN CREATES LOB OPPORTUNITY

Disguise the initial ball handler by sending him backdoor for a perfectly placed, unexpected lob pass

6 DRILL PASSING, BOXING OUT & SPRINTING

Use the ‘Combo’ Drill to move players in the full court and work on catching and shooting on the move as well as 1-on-1 rebounding

QUICK HITTER IS THE TRIANGLE VIABLE FOR YOUTH?

I recently received a great question from a youth basketball (U12) basketball coach. He says he has studied the Triangle Offense noticing subtle differences in how it is taught. This coach likes the Triangle because he believes it keeps all players moving and involved.

He wants to know from peers the

pros and cons of this offense at the youth level, and if it’s a viable offense to sustain player skill development as they progress through their careers.

I wanted to turn this one over to you, the reader. Shoot me an email ([michael.austin@basketballcoachweekly.com](#)) with your thoughts and let’s help out a fellow reader. I’d love to pull enough

information together to dedicate part of an upcoming issue to this idea, but, quite honestly, I haven’t been around the triangle enough to break it down for this age level, so I turn to you. Do you use the Triangle? Why? What are the pros and cons? Do you have a couple of easy-to-install entries into the Triangle?

- Michael Austin

Roy Williams has won 724 games throughout his career with the help of a well-established, efficient secondary break



Know When A Secondary Break Is Right For You

Wedged between a fast-moving transition offense and a slow-down half-court-based philosophy, the secondary break is perfect for a quick-moving squad

Depending on your style of play, the secondary break can be a major part of your offensive philosophy.

All coaches know the intricacies of a fast break - gain possession of the ball on a turnover and beat the defense down the floor for an easy layup or quick jump-shot opportunity. And, all coaches have an established half-court philosophy when their players have entered the frontcourt (meaning the defense also has everyone in position).

But, the secondary break is a bit more difficult to define, making it harder to know if it should be a part of your game plan. Typically, a secondary break is run as the defense is transitioning back and your team has a numbers advantage (i.e. 4-on-3, 5-on-4). While you could run your half-

court offense in this situation, having an advantage allows your players to find open spaces and score quickly before the entire defense sets.

This seems like an easy strategy but there are some teams that simply don't perform well in a hurry. Those teams should stick with an established half-court offense in almost all situations. Plus, teams with a talent disadvantage typically like to slow down the game and keep scoring low to limit the opponent's opportunities at scoring.

On the flip side, if your team has players with the talent, speed and basketball IQ to attack a retreating defense (plus a big man capable of handling the ball), then work in some secondary break plays and philosophies into your playbook. Or, if you

are facing a relentless half-court defense, then do all you can to create opportunities from a numbers advantage.

Much of what you run in the secondary break depends largely upon your half-court offense so shifting from one to the next is seamless. Today's two sets are for teams that attack the rim, utilize the low post and possess talented offensive rebounders as both plays finish with backdoor cuts for layups.

Even if the secondary-break action is stymied by the defense and the backdoor pass can't be made, then you still are in a position to run your offense. Or, if the shooter misses the layup, there are a couple of offensive rebounders with momentum pushing toward the glass for a second-chance opportunity.

Words and Activities by:
Michael Austin

Hit The Trailer For A Backdoor Lob

This secondary break play positions two players along the strong-side lane line with the trailer cutting through the lane and scoring on the backside

WHY USE IT

The secondary break is perfect to attack a retreating defense.

SET UP

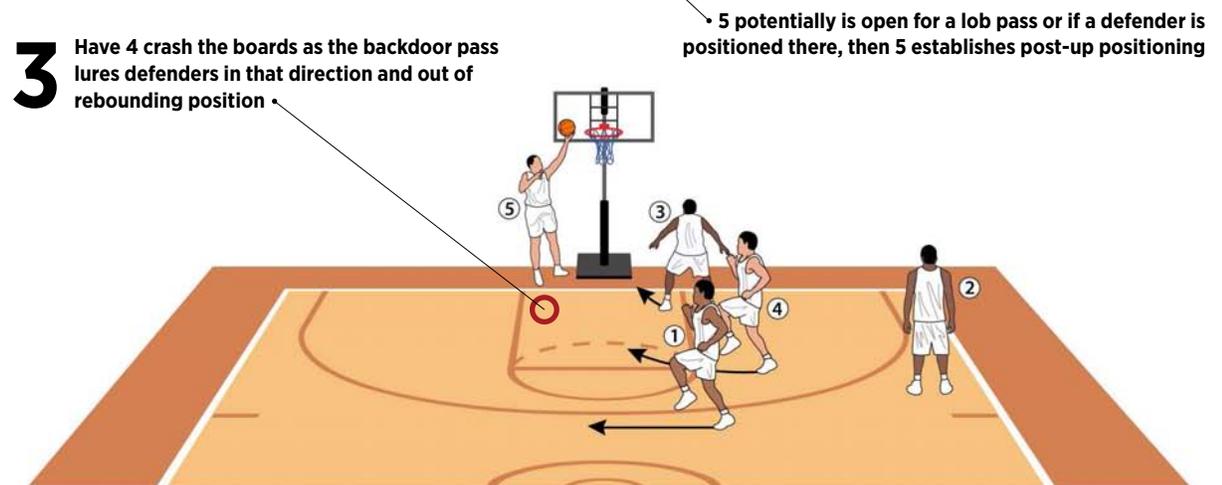
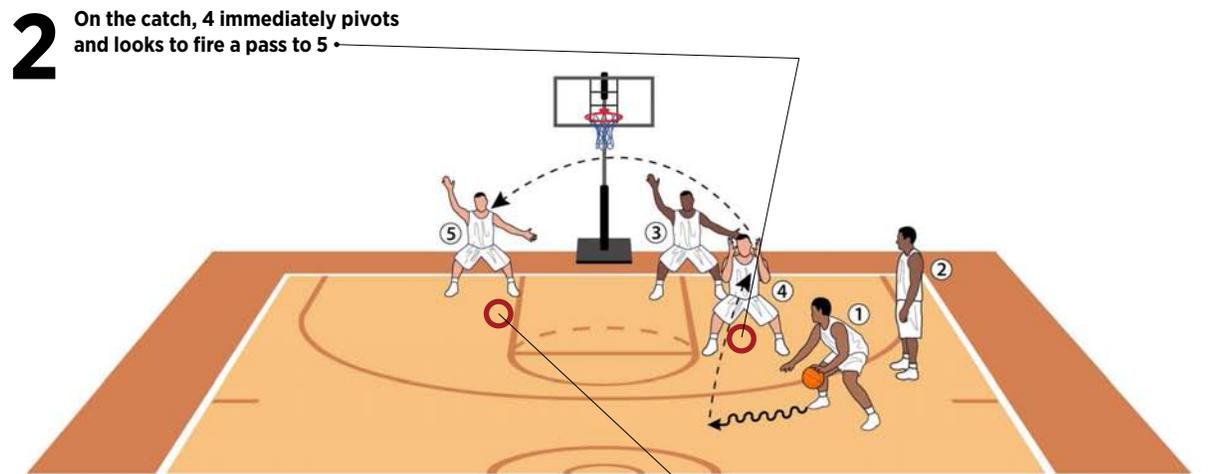
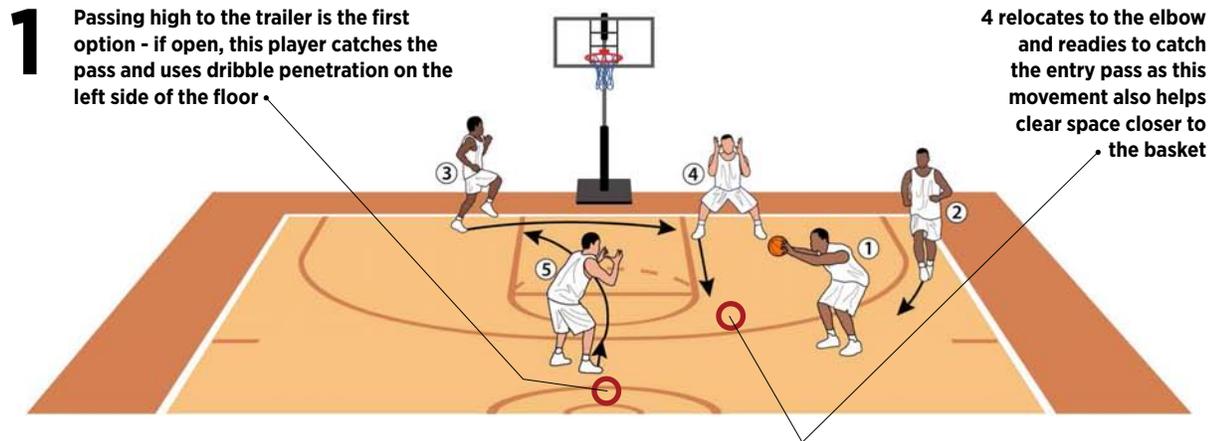
The point guard (1) dribbles into the front court on the right side with the center (2) trailing. Position a player close to the right corner (2) with another on the strong-side block (4). The final player (3) is on the weak block.

HOW TO PLAY

1 looks to pass to 5 trailing the play. 4 moves high up the lane line while 3 relocates to the strong-side block [1]. If 5 isn't open, then that player continues through the lane to the weak side. 1 dribbles toward the top and feeds 4 in the high post. 4 catches the ball and looks to pass to 5 on the weak side. 5 may be open for an alley-oop lob pass or has established post-up position on the defender [2]. 5 shoots the layup as 3 boxes out and 4 crashes the glass [3].

TECHNIQUE

If 5 is open as the initial trailer, instruct that player to attack the left side of the court with the dribble upon catching the pass. If 5 handles the ball well, this is a good scoring option when the defense forgets about staying close to the trailer.



Backdoor Screen Creates Lob Opportunity

The initial ball handler on the right wing ends up on the opposite side then in position for a perfectly placed backdoor lob

WHY USE IT

Defenses typically don't expect the initial ball handler, who relocates to the weak side, to be the player who eventually ends up with the scoring opportunity. Use this play to distract the defense as you set up this scenario.

SET UP

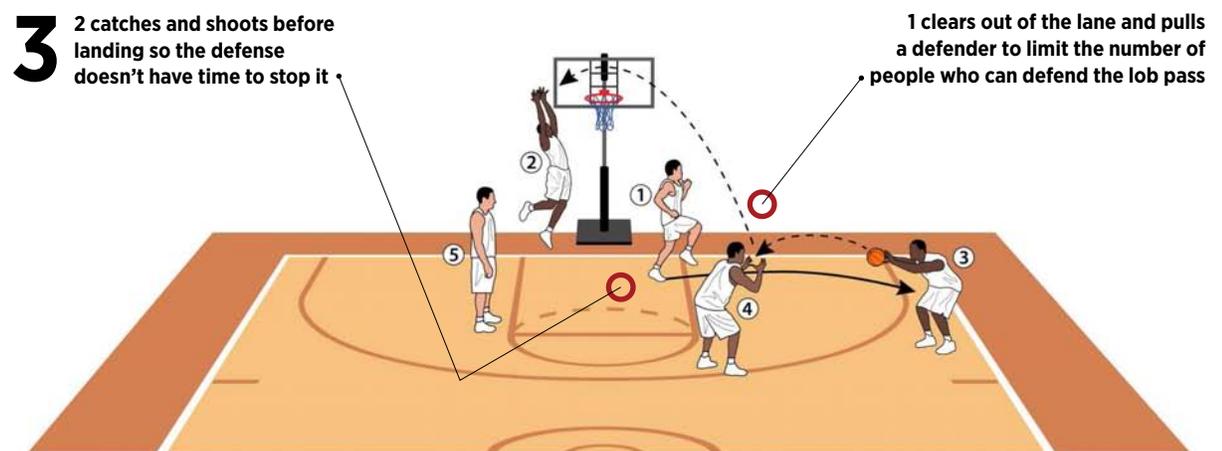
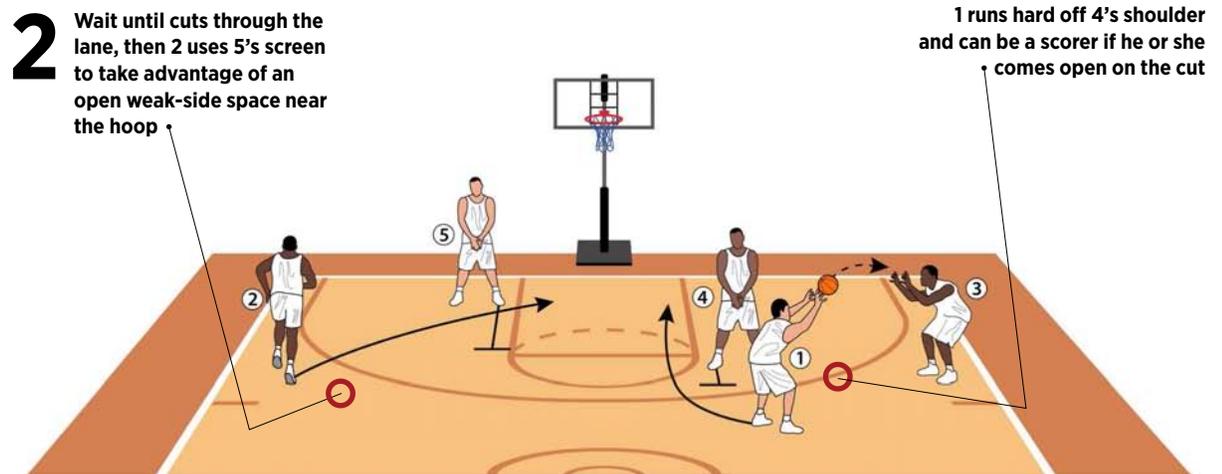
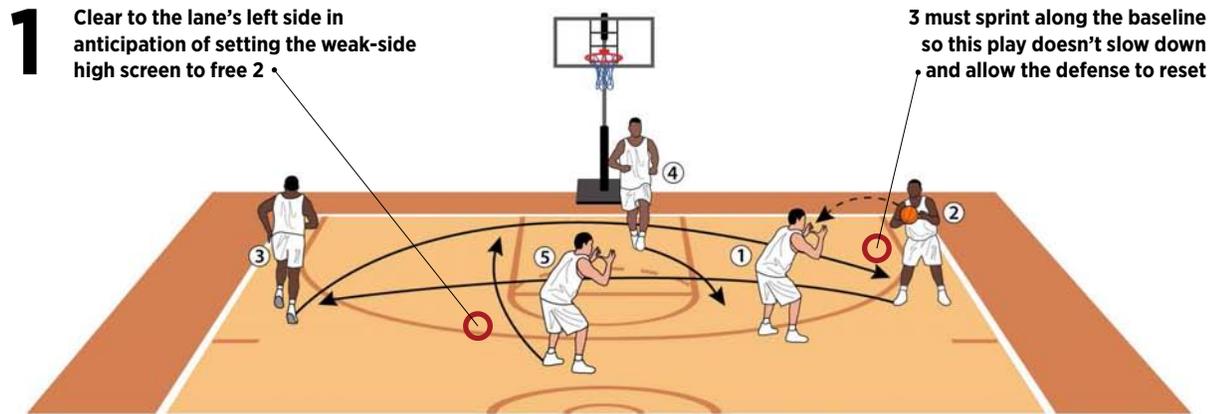
A guard (2) dribbles into the front court on the right side with 1 and 5 trailing. 4 has sprinted deep into the lane with 3 positioned on the weak-side wing.

HOW TO PLAY

2 passes to 1 on the wing and 5 moves through the left side of the lane. 4 curls toward the ball-side elbow with 3 sprinting the baseline and locating to the opposite wing [1]. 1 passes to 3 as soon as he or she ends up on the right wing. 1 then runs off a high screen from 4 and cuts toward the hoop. 5 comes high on the opposite side and screens for 2, who cuts backdoor [2]. 3 passes to 4 in the high post. 1 clears through the lane to the right corner. 4 pivots and tosses a lob to 2 at the rim for the layup [3].

TECHNIQUE

Have 3 make an initial look at 1 coming off 4's screen. This is a quick decision, however, because 1 needs to clear the lane and set up the backdoor pass for 2 if not open.



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

Drill Passing, Boxing Out & Sprinting

The 'Combo' Drill moves players quickly through the full court to shape conditioning as well as catching and shooting on the move, and 1-on-1 rebounding

By Drew Hanlen, NBA Strategic Skills Coach, CEO of Pure Sweat Basketball

WHY USE IT

Open up the floor and push players to knock down shots in rhythm. The drill also incorporates long, accurate passing and boxing out.

SET UP

Two ball handlers start near the 28-foot marks on opposite sides of the floor. Place a group of players on the opposite 28-foot marks - these players are the passers. Place a defender in the lane at each end.

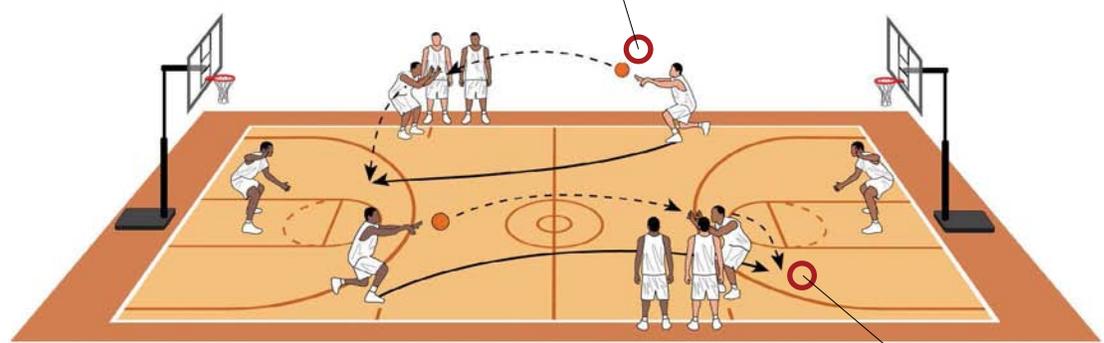
HOW TO PLAY

The initial ball handlers fire a pass up the floor to the line of passers. The player then sprints to the opposite end of the floor and settles into his or her shooting range to receive a pass. The passer makes the pass once in range [1]. On the catch, the initial ball handler shoots while the passer crashes the boards. The defender boxes out the passer [2]. Whoever secures the rebound dribbles up the floor a bit then fires a long pass to the passing line, follows the ball and settles into shooting range at the opposite end as the drill continues. The player who didn't get the rebound remains as the defender [3].

TECHNIQUE

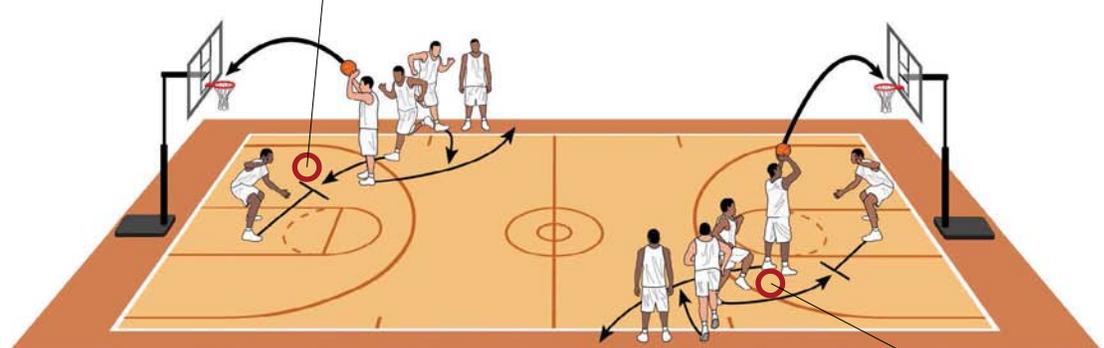
Keep this drill moving. There is no hesitation from grabbing the rebound to firing the long outlet pass.

1 The drill begins with a crisp pass into the front court with the player following it and settling into a comfortable shooting range at the opposite end



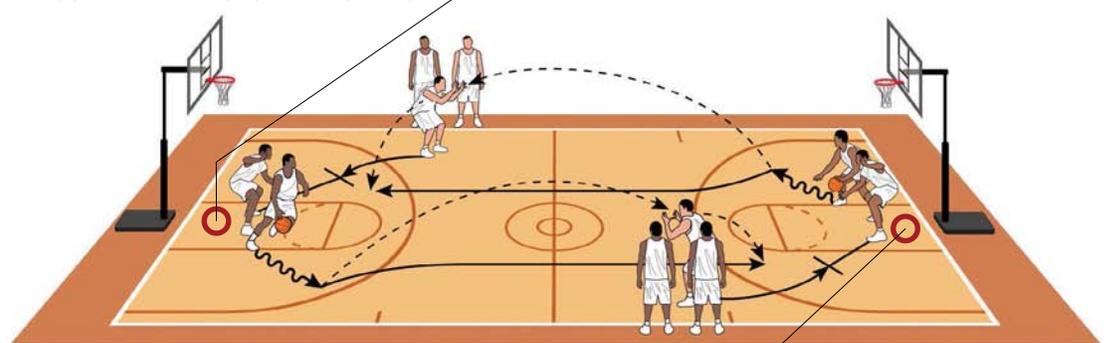
On the catch, the passer pivots and leads the shooter into a rhythm jumper

2 The defender boxes out the passer, not the shooter and these two battle for the rebound



After taking the shot, the shooter clears to the back of the passing line

3 The player grabbing the rebound immediately takes a couple dribbles up the floor and sends a long pass to the next player in the passing line.



The player who didn't secure the rebound remains on the defensive end and takes another shot at grabbing the board on the next shot



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